

THE **MISSING** **INGREDIENT** **FOR GOOD HEALTH**

A Nutritional Breakthrough...

Why you can take
antioxidants,
vitamins, herbs and
minerals by the handful
and still be sick

By Lee Euler



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IMPORTANT CAUTION:

By reading this special report, you are demonstrating an interest in maintaining good and vigorous health.

This report suggests ways you can do that, but as with anything in medicine, there are no guarantees.

You must check with private, professional medical advisors to assess whether the suggestions in this report are appropriate for you. And please note, the contents of this report may be considered controversial by the medical community at large.

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Every reader who wishes to begin any dietary, drug, exercise or other lifestyle change intended to treat a specific disease or health condition should first get the advice of a qualified healthcare professional.

There is ALWAYS some risk involved in any medical treatment, mainstream OR alternative. PLEASE DO NOT USE THIS REPORT IF YOU ARE NOT WILLING TO ASSUME THE RISK.

The author, editors and publishers of this report are not responsible for any adverse effects or results from the use of any of the suggestions or preparations described in this report. As with any diet change or medical treatment, the results of the dietary suggestions and treatments described in this report will vary among individuals.

This report relates the results of a vast array of experiments and research as well as the personal experiences of individual patients, healthcare professionals and caregivers. In most cases the author was not present himself to witness the events but relied on the accounts of people who were.

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Chapter One

The Missing Ingredient

An overlooked, ignored nutrient is just as important as antioxidants, vitamins, herbs and minerals

Many of us are sick or dying because our diets lack a critical food — and even alternative doctors don't know it!

If you take vitamins and minerals you're only getting it half right. A new class of nutrients is just as important — maybe MORE important.

In five or ten years most people will be taking these nutrients right along with antioxidants and other supplements. Yet few are taking them now.

So you can look at this Special Report as a privileged glimpse into the future. By reading this you're putting yourself at the cutting edge of a nutritional revolution. There's a huge potential for healing many mystery health problems that have stumped doctors. Here's a quick preview of what you're about to discover...

CANCER

The missing nutrient DOUBLED five-year survival rates for women with breast cancer. A man with kidney cancer, given 50 days to live, was alive and well 15 years later, thanks to this supplement. A woman with metastatic breast cancer — a “death sentence” — was alive and well 16 years later. And how about pancreatic cancer patients told they had “no hope”? ***The supplement outdid chemotherapy by better than a hundred to one!***

HEART, STROKE and ARTERY DISEASE

Meet “the plaque-eater!” Would you like a natural “Pac-Man” that reams the gunk out of your arteries? A Spanish doctor reports this supplement does in weeks what other treatments take months to achieve. More than nine out of ten

patients with blood clot disorders got totally well. ***These folks reversed a “disease of aging” by correcting a nutritional deficiency.*** More than nine out of ten phlebitis patients improve, and nearly six out of ten get totally well.

DIGESTION AND G.I. TRACT PROBLEMS OF ALL KINDS

Digest your food right for the first time in your life. The missing nutrient treats the real, underlying problem and often cures suffering victims once and for all. Many patients report instant, miraculous relief. Food allergies go away for good and you can eat anything! Keep reading and see how a delighted heartburn victim was able to cancel surgery, and a baby's colic vanished in one day.

AUTISM AND BEHAVIORAL DISORDERS

In a few pages, you'll see how 91 percent of a group of 260 autistic kids got better. That's better than nine out of ten. For more than a third of them the improvement was “very great or impressive.” “We enjoyed a regular meal at a family restaurant,” e-mailed one parent. “No stress, no reactions. We are so happy.”

PAIN, ARTHRITIS AND INFLAMMATION

In study after study, patients find the missing nutrient is more powerful than prescription pain relievers. In a group of 1,004 rheumatoid arthritis patients, nine out of ten got better. Double-blind controlled studies show that injured

athletes heal and get back on the field in less than half the time of those on a placebo.

Most of the studies were done in Germany, which helps explain why this nutrient is that nation's second most popular pain reliever after aspirin. Yet most Americans have never heard of it.

As you can see, the incredible power of this type of nutrient may take your health to a whole new level. Within days or weeks — sometimes the first day — you can see miraculous relief from medical problems that have troubled you for years.

One woman reports she now has four extra hours a day — hours she used to spend sleeping or too mind-fogged to do anything.

And the missing ingredient is...

Not to keep you in suspense forever, the nutrients are **enzymes** — not just the digestive enzymes our own bodies make but also thousands of enzymes found in every type of food — BUT ONLY IF THE FOOD HASN'T BEEN COOKED.

"Ah, there's the rub," as Hamlet said. Almost everything we eat is cooked. Even most health foods are cooked. All milk products and store-bought juices are pasteurized — heated until they're enzyme-dead. Even frozen foods have had enzymes processed out of them.

We've almost totally eliminated these essential-to-life nutrients from our diets. As a result, the health of millions of Americans is going downhill faster than an Olympic skier.

Later in this report, you'll see what happens to animals deprived of enzymes! It's not pretty. Their offspring are even sicker, and the third generation is sterile and half-dead. Chapter Three has the facts.

You can take all the vitamins and supplements and herbal remedies you want and you still won't get as well as you should. It's all because you're missing vital enzymes.

How could alternative doctors overlook this vital nutrient?

Alternative doctors *do* recommend enzymes sometimes, for some health problems. But very few alternative doctors put them on a par with antioxidants, vitamins, herbs, minerals and other phytochemicals (nutrients found in plants).

Most alternative doctors would tell you enzymes are a second or third level supplement, something you take "in addition to" the "important" nutrients.

That's dead wrong.

And it's going to change. In a few years everyone will supplement with enzymes. Enzymes are far more powerful than most doctors know, as you can see from the brief examples above. Those examples are just the tip of iceberg. By the time you finish this Special Report you'll be convinced of the overwhelming importance of these nutrients.

THINK OF IT: cancer, heart disease, pain...even autism, for crying out loud...are all linked to our poor diets.

Certain select doctors DO know about enzymes

I stumbled across the enzyme story only because I've spent the last several years researching and writing about alternative cancer treatments.

Alternative cancer doctors are just about the only group of people on earth who know the power of enzymes. They've achieved remarkable results, but most alternative doctors stay miles away from cancer and don't know the strides being made in cancer treatment.

In America, an alternative doctor can lose his license for treating cancer patients. Few of them take the risk. But sadly, that means they've missed the incredible breakthroughs in enzyme therapy, not only against cancer but also heart disease, pain, arthritis, digestive problems, allergies, MS, lupus and more!

In other words, the fear of America's cancer police has caused most alternative doctors — of all people — to miss a nutritional revolution!

Raw, fresh foods pack a punch you won't believe

Cancer doctors have discovered that *the food the patient eats is critical to successful cancer treatment*. What's more, the diets they recommend have one big ingredient in common — enzymes — a common ingredient of fresh foods that most doctors who DON'T treat cancer would call unimportant.

It turns out the benefits of this type of nutrient go way beyond cancer. Actually, enzyme therapy for autistic children has produced the most eye-popping results. It's in the autism studies that you can see the clearest proof.

Cancer doctors use enzymes as one of many therapies, but with the autistic children, the incredible results were clearly the result of enzymes and ONLY enzymes, and the healing that took place was so dramatic no one can deny it.

What's more, the group of children involved — 260 kids — was large and the mother who collected the data was a trained scientist who was unusually careful and rigorous.

In other words, the jury is in and the verdict has been rendered. enzymes can change your life and save your life.

In Chapter Nine you'll discover the autism study I call the "smoking gun" — the evidence that proves beyond doubt that enzymes are the missing ingredient for good health.

And that's saying something, because the results in beating cancer alone will be enough to make you put down this report after Chapter Two and rush to a supplement store to buy enzymes.

The revolution has just begun: we're learning more every day

How is it possible we've overlooked the value of enzymes for so long? As you just saw, one

reason is that most alternative doctors stay away from cancer.

What's more, the whole subject of nutrition is still in its infancy.

The breakthrough book about antioxidants was published only 25 years ago. This is new stuff. Almost every year, researchers find a new chemical in fruits, vegetables, nuts or seeds that can improve health and save lives. If 1492 was the year Columbus stumbled on America, then we're in roughly the year 1530 where nutrition is concerned.

Let me tell you a story...

Three hundred years ago no one knew what a vitamin was and if you'd said the word "antioxidant" people would have looked at you as if you had two heads.

That was back in the age of sail, when thousands of sailors got very sick if they were at sea for months or years. One of the symptoms was that all their teeth would fall out! Bad news!

The disease was called scurvy. An English doctor was alert enough to notice that scurvy disappeared totally — and fast! — when the sailors ate fresh citrus fruit. Eventually the Royal Navy required every ship to carry a supply of oranges, lemons or limes to keep the sailors healthy.

That's why the English are called "Limeys" to this day.

Now we know that vitamin C was the ingredient in citrus fruit that cured scurvy. Scurvy is what's called a deficiency disease. It's caused by the lack of a nutrient the body MUST have. If you provide the missing nutrient, you cure the disease.

It was a long, long time before scientists discovered vitamins and antioxidants. They just knew there was something in citrus fruit that prevented scurvy and cured the disease at once if you already had it.

We've come a long way since the first

“Limeys.” Yet we still haven’t connected all the dots. With enzymes as with antioxidants, there’s still a lot to learn, and alternative medicine has to do most of the work while conventional doctors throw bricks (and send out police with handcuffs to stop the work from going forward).

Nutrition CAN cure a whole bunch of diseases

In this book, for a whole list of diseases, you’re going to see that enzymes *often achieve results just as dramatic as those achieved by feeding limes to scurvy victims.*

These days, conventional doctors get it when a vitamin cures a disease like scurvy or beriberi (a disease caused by lack of a B vitamin). If a patient gets well overnight thanks to taking a vitamin, the news gets through even thick skulls.

But the idea that there are *hundreds of plant chemicals* we need for good health — every day, not just when our teeth start to fall out...now that’s a concept that conventional medicine just can’t seem to grasp.

Enzymes can and do achieve miraculous, “magic bullet” results. But you shouldn’t look at them that way. You should look at them as one of the things you need as part of a lifetime of eating

right, along with antioxidants, vitamins, herbs, minerals...and things we haven’t discovered yet.

Don’t be misled by the false comparison to drugs

The medical establishment tests individual nutrients like vitamin E one at a time, and expects them to cure diseases the way drugs do (supposedly). Sometimes that happens, as in the case of scurvy and vitamin C. More often, the patient needs a balanced diet consisting of dozens of nutrients, if not hundreds. That’s how alternative doctors successfully treat cancer.

But conventional medicine is NOT interested in finding nutritional reasons behind the epidemic of cancer, heart disease, allergies, learning disorders, and autoimmune diseases like MS and arthritis. Far from it. They’re keenly interested in proving nutrition does NOT cure these diseases that are a growing crisis in our society.

They are deeply wrong, and the people who believe them are doomed to suffer these diseases in ever greater numbers, and at younger and younger ages. Don’t go down that road. The following pages feature life-saving and life-changing information you’ll want to know right away...

Note about sources:

Sources for all statements made in this report are listed on the last page.

Chapter Two

Heads Up for Cancer Patients!

Food supplement outperforms chemotherapy a hundred to one

**Here's powerful cancer prevention you can do at home,
cheaply and easily**

Let me tell you a story about how powerful enzymes can be in fighting cancer.

One of America's leading cancer doctors, a New York M.D. named Nicholas J. Gonzalez, studied patients with cancer of the pancreas. Pancreatic cancer is one of the deadliest types. Conventional medicine considers it a virtual death sentence.

The average patient with inoperable pancreatic cancer survives three to six months.

It wasn't easy for Dr. Gonzalez and his colleague, Dr. Linda Isaacs, to get the funding to test an alternative therapy. They were allowed to conduct their study only on hopeless cases. Conventional doctors had told the patients in the study there was no effective treatment for them.

At the National Cancer Institute, a big shot told Dr. Gonzalez his study of eleven patients would be a success if three of them survived more than a year.

But here's what happened...

- Nine patients lived more than one year.
- Five lived more than two years.
- Four lived more than three years.
- And two of the patients lived more than four years.

How does that compare to treatment with Gemzar, the best chemotherapy drug for pancreatic cancer? *Out of 126 chemotherapy patients, not one lived longer than 19 months.*

When it comes to survival time the alternative

therapy outperformed chemotherapy by better than a hundred to one. Not a single chemotherapy patient lived two years, yet half the enzyme patients did.

The study was published in the peer-reviewed research journal *Nutrition and Cancer* in 1999, issue #33. You can look it up — this reference and others are at the end of the Special Report.

So which treatment would you want?

I don't know about you, but if I had cancer, I'd make a beeline for an alternative doctor.

And I'd make darn sure he believed in enzyme therapy.

Luckily, most doctors who treat cancer with alternative therapies DO employ enzymes. They've known about enzymes for years.

Did the National Cancer Institute rush to learn more about enzyme therapy?

Well, no. They promised support for further studies, but instead they let the project get bogged down in what Dr. Gonzalez politely calls "bureaucratic difficulties."

That's how dedicated America's medical establishment is to saving your life.

But you don't have to wait for them, because most alternative cancer doctors use some form of enzyme treatment as part of their cancer therapy. In the *Alternative Medicine Definitive Guide to Cancer*, the authors interviewed 23 leading alter-

native cancer doctors in depth.

Two out of three of these experts on alternative cancer treatment use enzyme supplements or diets of raw, unprocessed foods that are especially rich in enzymes.

Alternative cancer doctors know the score. But here's a surprise: alternative doctors who don't treat cancer DON'T know much about enzymes.

Has your favorite alternative doctor told you about enzymes?

Probably not. You can comb the leading alternative health newsletters and find almost nothing about enzymes as a cancer treatment OR as a supplement you can take to prevent cancer and other diseases.

At most, America's famous alternative doctors recommend enzymes to fight heart and artery disease (true) or pain and inflammation (also true) or as an aid to digestion (true in spades). But if you add up everything they've ever published about enzymes it wouldn't take you three minutes to read it.

They know very little about enzymes, mainly because most American alternative doctors don't know beans about cancer. They stay miles away from it.

Because a lot of the pioneering work in enzyme therapy has been done by cancer doctors, especially those in other countries, America's best-known experts in alternative medicine have missed the enzyme story.

I learned why enzymes are so important only because I set out to learn as much as possible about alternative cancer treatments.

You might be missing a nutrient that can save your life

It's easy to understand why alternative doctors have problems talking about cancer.

Alternative doctors can be sued, harassed, and even lose their license if they go anywhere near

the dozen or more PROVEN alternative cancer treatments. This is no joke. American alternative cancer doctors have done hard time in jail. One was literally put on a chain gang.

Julian Whitaker, one of America's most famous alternative doctors, actually told us he doesn't treat cancer patients because of the political climate. He sends them to another clinic. He doesn't want to practice medicine with a target on his back.

He has lots of company. And who can blame these doctors?

But it's a shame, because they and the millions of Americans who follow them are missing most of the enzyme story. They're missing the most exciting discovery in supplements and nutrition since Dr. Linus Pauling pioneered vitamin C 40 years ago.

But cancer patients...the people who *must* find an answer...the people for whom it's a matter of life and death... have found the amazing results enzymes can achieve.

Terminal breast cancer patient lives more than 16 years

Dr. Gonzalez has published a number of case histories to show how effective his nutritional approach can be.

One of his patients was a 64-year-old woman with breast cancer that had spread to the liver. She was in such terrible pain that she needed morphine. Studies show half the patients with her problem are dead in less than six months.

This woman had already undergone surgery and three rounds of chemotherapy. She refused any more conventional treatment and turned to Dr. Gonzalez instead.

After many months on his regimen she felt much stronger and the pain was largely gone. But without telling Dr. Gonzalez, she stopped the protocol, thinking she was "cured."

Big mistake.

Within months the woman suffered a seizure,

and CT scans revealed a new problem — two brain tumors. Her chances of survival were very low.

But once again she refused conventional treatment and returned to Dr. Gonzalez. This time she stuck to his program, and within a year the scans showed no sign of cancer in either her liver or her brain.

She was alive and well 16 years after her diagnosis of terminal metastatic breast cancer. “[W]hen she followed the program she did well, and when she didn’t comply, the cancer came back with a vengeance,” says Dr. Gonzalez.

Patient with deadly uterine cancer beats the odds

Another Gonzalez patient, age 62, suffered from a lethal cancer of the uterus. The cancer had spread to other organs and her prognosis was very poor. She underwent a total hysterectomy, but some cancer remained. Her doctors were telling her that radiation was her only chance.

Instead, this courageous woman refused radiation and began treating herself with high doses of vitamin C and an herbal tea. Then she heard about Dr. Gonzalez and decided to try his approach.

After 20 months of therapy she was cancer-free. And in another 14 months, MRI studies confirmed the same finding: no sign of cancer.

She was still alive and well 16 years after being diagnosed with one of the deadliest types of cancer.

50 days left to live? Says who?

Another Gonzalez patient was a man with metastatic cancer of the kidney. Conventional medicine has a fairly good track record with localized kidney cancer. Surgery alone saves well over half the patients.

But if the disease spreads to other organs, watch out! One study shows half the patients are gone in 50 days.

The man who came to Dr. Gonzalez had a

tumor in the brain and three tumors in his lungs. His doctors told him his case was hopeless.

With little to lose — and after dropping 20 pounds in six weeks — he decided to try the Gonzalez approach. If you’re squeamish, please don’t read the following: Dr. Gonzalez “noticed a lemon-sized mass sticking out of his skull.”

The man started the nutritional program and gained back his 20 pounds within weeks. In three months, the skull mass was totally gone.

“Today,” says Dr. Gonzalez, “nearly 15 years since he first consulted me, [name withheld] remains completely adherent to his treatment and cancer-free.”

Dr. Gonzalez has made 31 case studies available at <http://alternative-therapies.com>.

Treatment proven more than 100 years ago still denied to American cancer patients

Enzyme therapy is not a new, wild, far-out cancer treatment. It was first identified more than a hundred years by a doctor in Scotland. There’s a ton of evidence and clinical experience involving thousands of patients.

Enzyme therapy is completely safe. The Food and Drug Administration (FDA) classifies dietary enzymes as a food. Your own body makes more than 3,000 enzymes, and enzymes are present naturally in every food you eat — as long as the food is uncooked!

You can safely take enzymes as a supplement. They are known to be effective not only against cancer but also in treating pain, arthritis, heart disease, and a whole range of digestive problems. Enzymes are powerful anti-inflammatories. Many patients who try them are able to vastly reduce or even stop pain medications.

Enzyme therapy has also brought incredible improvement in the behavior of autistic children. It has relieved or eliminated migraines and allergies. It even helps wounds heal faster.

Yet the medical establishment fights enzyme

therapy tooth and nail.

Professor makes the original enzyme breakthrough

In 1902, Dr. John Beard, a professor at the University of Edinburgh, suggested that the enzymes we produce in our pancreas could be useful in fighting cancer.

He was an expert on embryos, and he noticed that the placenta behaves very much like a cancer tumor. The placenta is the organ that forms soon after conception, attaches itself to the wall of the mother's uterus and, through the umbilical cord, provides nutrients and oxygen to the developing baby.

The main difference between the placenta and a tumor is that something turns off the placenta's cancer-like invasion of the mother. In every species he studied, Beard noticed that the placenta's uncontrolled growth stops at the same time the baby's pancreas becomes active and starts secreting enzymes. He reasoned that the same enzymes might stop the growth of cancer cells.

Beard tested his idea on mice with sarcoma, a type of cancer, and was able to confirm it: tumors shrank when he injected the mice with an enzyme-rich pancreatic extract.

Under Beard's direction, a number of doctors began treating human cancer patients with injections of pancreatic enzymes. They found the pancreatic extract inhibited the growth of cancer cells and that patients survived longer.

They published their findings in some of the leading medical journals of the day, including the *British Medical Journal* and the *Journal of the American Medical Association*.

Hailed as a hero? Not exactly!

Instead of greeting Dr. Beard's cancer discovery with acclaim, the medical establishment simultaneously attacked him and tried to rip off his invention.

Beard obtained his pancreas extract from

calves, lambs and hogs. Given the technology they had in 1900, his extract contained impurities and foreign proteins. These caused allergic reactions in some patients, leaving Beard open to attack.

Luckily for us, Beard fought back. He knew that most of his patients were in the terminal stages of cancer, and that every reasonable option was worth a try.

In 1911, he published *The Enzyme Treatment of Cancer and Its Scientific Basis*, a landmark book packed with compelling proof. It features Beard's results in treating 170 human cancer patients. In some advanced cases, thought to be incurable, cancer completely disappeared. Overall, Beard reported that more than half of his patients got better or completely well.

Bad people blow a good thing

If we lived in a just world, Beard would probably be hailed as another Louis Pasteur. That might happen yet, as more and more cancer patients vote with their feet and choose alternative treatments.

In fact, word about Beard's discovery got around in his own day, and English cancer patients practically stormed doctors' offices demanding pancreas extract. But a bad thing happened: at least eight imitations were manufactured using pancreatic juices obtained from slaughterhouses.

The imitations were less successful than Beard's extract because the organs were taken from older animals. It's well known that enzyme activity declines with age. For this reason, Dr. Beard made a point of using the pancreases of young animals.

What's more, enzymes have a short shelf life and freshness is extremely important. Needless to say, the knock-off products were inferior and critics cited their failure as evidence that Beard's therapy didn't work. The medical establishment rejected enzyme therapy for cancer and Beard died in 1924, an angry and frustrated man.

But other scientists read his book and got the message

In the 1950s, a Columbia University medical researcher, Dr. Max Wolf, saw enzymes as a possible cancer treatment. There was no Internet in those days, so Dr. Wolf wrote medical libraries all over the world seeking information on the subject.

One of the books he came across was Dr. Beard's. Dr. Wolf got his hands on one of the few copies left.

Dr. Wolf developed a complicated *in vitro* study of the effect of enzymes on cancer cells. ("In vitro" means "in glass" — the cell cultures were in test tubes, not in living subjects). Wolf and his colleagues treated thousands of combinations of normal cells and cancer cells with different enzymes or enzyme combinations.

Their aim was to find which enzymes killed cancer cells while leaving normal cells unharmed.

When his work reached the point where he was ready to test it on human patients, Wolf switched the research to Germany — partly to avoid the FDA.

Dr. Wolf administered enzyme combinations to some 50,000 cancer patients over a 25-year period. He never claimed enzymes are a "cure" for cancer — no one does — but German doctors achieved remarkable results with oral as well as injectable enzymes, combined with other cancer therapies.

For about 40 years now, German physicians have used Wolf's most effective enzyme combination, called Wobe-Mugos. It's still available. Wolf's oral pill product, Wobenzym, is readily available in the United States.

Wobenzym is the second most popular pain therapy in Germany, outsold only by aspirin. And it's the number 9 "drug" in Germany of any kind, natural or alternative, over-the-counter or prescription. (Technically, it's not a drug. It's a food.)

Unfortunately, most of the research on Wobenzym is in German and hasn't received the

attention it deserves in the United States.

Survival rates are vastly better for breast cancer patients

Out of 107 women who had undergone mastectomies for breast cancer, 84% of those on Wobenzym therapy survived more than five years, compared to 43% on conventional therapy.

That means enzymes nearly doubled the five-year survival rate for these women.

Another breast cancer study produced 5-year survival rates of 91% for Stage I patients taking Wobenzym, and 58% for Stage III patients. The control groups survived at lower rates — 78% and 42% respectively.

In a small study of five leukemia patients, three went into remission. These patients received enzyme injections along with conventional cancer drugs. Another patient, who received enzymes only — no drugs — also achieved remission. (*Health Sciences Institute*, June 1999 issue)

Studies of pancreatic cancer patients indicate the same thing. As I noted earlier, the expected survival time for these patients is very poor. The average survival time ranges from three to six months.

In one study of enzyme therapy for pancreatic cancer patients, 30 survived more than two years and some patients survived five to nine years. Remember, not one patient out of 126 survived even two years in a study of the leading chemo drug. (*Alternative Medicine Definitive Guide to Cancer*, page 934)

Late-stage colon cancer patients live longer with enzymes

Several studies of colon cancer patients show that Wobenzym supplements gave them longer life. The five-year survival rate for this particular type of colon cancer — with metastasis to other organs — is 5%. That means only one out of 20 live more than five years.

The colon cancer studies involved patients who received enzyme therapy along with conven-

tional treatments like chemotherapy, surgery and radiation. The average enzyme patient not only lived longer but experienced fewer side effects from the chemotherapy and radiation.

Later chapters will say more about this particular product and others. You'll discover how enzymes work and how to choose the most effective products out of the many that are on the market. But first...

The surprising story of a dentist who became a cancer doctor

Dr. Nicholas Gonzalez got interested in enzyme therapy thanks to another so-called crank, a dentist named William Kelley.

Like Dr. Wolf at Columbia, but apparently on his own, Dr. Kelley came across Dr. Beard's U.K. studies. During the 1960s Kelley began treating cancer patients with oral enzymes. In fact, Dr. Kelley claimed that he'd healed himself of pancreatic cancer with his own therapy.

Kelley's protocol also featured individualized diets, detoxifying procedures and other supplements besides enzymes. Nearly all cancer doctors who use enzymes do so as just one treatment among many, not as a magic bullet or cure-all.

But Dr. Kelley believed that a deficiency of pancreatic enzymes was a fundamental cause of cancer, and that enzyme supplements should be part of the treatment.

As a dentist, Dr. Kelley couldn't legally treat cancer patients. That, plus his use of alternative therapies, meant he was practically walking around with a sign on his back that said, "kick me."

And they did.

Dr. Kelley was attacked as a quack, was investigated repeatedly by government agencies, lost his dental license for five years and did some hard time in jail. "But, like Beard, he never relented," says Dr. Gonzalez, "and his successes created an extraordinary word-of-mouth network

that brought an endless stream of patients to his practice."

While still in medical school, Dr. Gonzalez met Dr. Kelley. Encouraged by a mentor who was president of the Sloan-Kettering Research Institute, Dr. Gonzalez commenced a student project to evaluate Kelley's work.

He was amazed at Dr. Kelley's success in treating cancer

Writes Dr. Gonzalez, "I quickly found evidence of what appeared to be patient after patient with appropriately diagnosed, biopsy-proven advanced and sometimes terminal cancer, who were alive five, even ten years after first beginning enzyme therapy."

Continuing under the direction of Dr. Robert Good, his mentor, Dr. Gonzalez turned his student paper into a full-fledged research project. Working for five years, Gonzalez interviewed more than a thousand of Kelley's patients. In 1986, he was ready to publish a detailed report on 50 cases representing 26 different types of cancer.

Did America's cancer establishment leap at this breakthrough?

You won't be surprised to learn the answer is "no." Dr. Gonzalez couldn't get his book published. He couldn't even get journals to publish an article summarizing his work.

He says, "The responses from editors ran the gamut from disbelief and accusations of fraud to fear that the book would generate so much controversy that publishing careers might be ruined."

America's medical establishment, looking out for you...

Dr. Kelley had apparently placed high hopes in finally winning mainstream acceptance. He was so discouraged by the rejection that he closed down his office and dropped out of sight. It's not surprising in view of the lifetime of attacks he'd endured.

But his young disciple Dr. Gonzalez didn't give

up. Besides treating patients, he was finally able to publish his amazing study of late-stage pancreatic patients that I summarized at the start of this chapter.

The late Harold Ladas, Ph.D., a biologist and professor at New York City's Hunter College, had this to say about Dr. Gonzalez's work: "The evidence is in, and it is stunning. Kelley is vindicated."

Dr. Ladas believed the American Cancer Society and the National Cancer Institute should immediately follow up with more funding and more studies. "But," added Dr. Ladas, "don't hold your breath."

You can learn more about Dr. Nicholas Gonzalez at <http://dr-gonzalez.com/>.

More evidence for the cancer-fighting power of enzymes

Enzymes have a remarkable track record with

thousands of patients over many decades. There's a wealth of individual anecdotes plus impressive studies published in medical journals.

This doesn't mean enzymes will control cancer all by themselves. No doctor says that. Enzymes are one weapon among many.

But that's exactly the reason enzymes tend to get lost in the shuffle. What's more, doctors have achieved remarkable results in treating heart disease with enzymes. Yet the same doctors seem to be unaware of the huge strides made in treating cancer, autism, MS, digestive complaints and a whole range of other health problems.

When you study enzymes and see how they work in the body, and then look at the incredible results enzyme supplements can achieve in so many diseases, it's clear that enzymes are just as important as vitamins, minerals and all the other nutrients we need. Yet few health researchers have put two and two together.

Chapter Three

Growing Old for No Good Reason:

Your hidden nutritional deficit

Scientists have studied what a diet of cooked foods can do to animals, and the results have frightening implications for us humans. Cooked foods make up close to a hundred percent of the typical American diet, and cooking destroys all enzymes.

This enzyme-free diet may be killing us.

Dr. Edward Howell, one of the pioneers of enzyme therapy, found that rats fed a diet of raw foods lived about 50% longer than those fed a diet of cooked and processed foods.

It gets worse: the rats on the cooked diet had lower brain weight and higher body weight. The low-enzyme diet contributed to obesity and loss of mental function. Could it be something like that is happening to humans? I think so.

Going downhill, generation after generation

Dr. Francis Pottinger found the same results in a ten-year study of cats involving more than 900 animals. Those fed an enzyme-rich diet of raw meat and unpasteurized milk lived longer and were healthier than those fed cooked meat and pasteurized milk. Pasteurization is a heating process designed to destroy harmful bacteria in milk and juices. Unfortunately, it also destroys all enzymes.

Dr. Pottinger discovered something else that's really scary: Each succeeding generation of cats fed cooked foods was sicker than the one before.

The second-generation cats developed the degenerative diseases in mid-life, at an earlier age than their parents. The third-generation cats actually developed them in youth and

young adulthood.

The grandchildren (or grand-kittens) were more likely to be born blind and weak and to die young. Some third generation cats were sterile and the fourth generation was even less healthy.

The ever-growing medical problems included heart disease, cancer, kidney and thyroid disease, poor teeth, thin bones, lower sex drive, and infertility. What's more, many of these "degenerate" cats had a bad disposition! They were too mean for their keepers to handle.

Meanwhile, the cats fed raw meat and unpasteurized milk enjoyed excellent health, generation after generation.

Maybe we humans should take the hint

Karen DeFelice, author of *Enzymes for Digestive Health & Nutritional Wealth*, asks, "Could it be that the increase in autoimmune and neurological disorders in 'modern society' is the pattern that played out in the Pottinger studies?"

According to Karen DeFelice, there is no evidence that supplementing with enzymes over a long period of time is harmful. But there's a lot of evidence that a long-term lack of enzymes can be VERY harmful.

Our enzyme-free diets might be killing us. If you're reading this report, chances are pretty good that you're the type of person who supplements with vitamins and minerals.

But you probably don't supplement with enzymes. And that means you're missing a vital ingredient you need for a long, healthy life.

Food in its raw, natural state is rich in enzymes

A carrot or an apple or a stalk of broccoli actually contains as much as half of the enzymes you need to digest that same food!

But nearly everything we eat is cooked and processed. It doesn't take much heat to destroy enzymes — around 120° Fahrenheit will do the job. That's not very hot — it's not far above your body temperature, and it's roughly the temperature of the hot water that comes out of your tap.

Nearly everything we drink is pasteurized — milk, orange juice, indeed all juices including that pomegranate stuff that's become so popular. The rich, natural enzyme nutrients are probably gone.

And you might not think of bread, crackers and cereal as “cooked,” but they are. They've been processed at temperatures that destroy their enzyme content.

It's a wonder we're as healthy as we are. And there's a reason. Our bodies produce their own enzymes, and so to some extent we can make up for what's missing in our diets. But there's a limit to what our bodies can do without help. We eventually wear ourselves out trying to provide what nature would give us for free if we let it.

Shocking burden on our bodies

Dr. Edward Howell studied what a bad diet can do to the pancreas, the organ that produces most of our digestive enzymes. He looked at the results of 12 different studies involving eight researchers and 370 animals.

He found that the animals fed a diet of cooked food had a pancreas weight three times greater than the rats that ate a raw food diet. They were working their pancreases to death.

Compare it to an enlarged heart. Poor circulation and blocked blood vessels can force the heart — a muscle — to work so hard it becomes oversized. Likewise, the animals in this study developed an enlarged pancreas trying desperately to produce the enzymes they weren't

getting in their diet.

The poor pancreas got bigger trying to handle all the work it had to do. That's not healthy. It's a huge strain. The pancreas is a vital organ. When your pancreas gives out, your number is up.

Don't spend your “enzyme wealth” foolishly

The strain isn't visible in younger persons. Their bodies produce a high level of enzymes, so they can devour meal after meal of hamburgers, fries and colas. Their digestive organs including the pancreas will make up for the enzymes the foods lack.

The young person is like a rich kid who can spend foolishly and still have plenty left. But the wealth eventually runs out.

Dr. Howell warned, “The more lavishly a young body gives up its enzymes, the sooner the state of enzyme poverty, or old age, is reached.”

For example, he found that an 18-year-old naturally produces 30 times as much amylase as a 69-year-old. Amylase is the enzyme that digests carbohydrates.

But enzyme production goes down about 13% with each decade of age, even with the pancreas working like a field hand and getting as big as a balloon ready to pop.

Dr. Howell decided that eating fresh or raw foods can prevent enlargement of the pancreas. And he believed that an enlarged pancreas is correlated with chronic degenerative diseases like atherosclerosis and cancer.

Why “well-fed” Americans are starving

Like our enzymes, our levels of stomach acid decline with age. In Chapter Six you'll discover a surprising relationship between a lack of stomach acid and arthritis. Arthritis is another supposedly “normal” aging disease.

A deficiency of stomach acid (hydrochloric acid) and digestive enzymes is a major reason that

older people are prone to mineral and vitamin deficiencies.

It doesn't matter how much of these nutrients is in the food they eat; they lack the means to break their food down into usable parts.

You can eat a cooked diet that's rich in minerals, vitamins and other nutrients — and still starve! Your diet won't have the enzymes you need. Your body can't absorb the nutrients.

Your enzyme budget can go broke

A recurring theme among enzyme experts is that your body has a limited ability to produce enzymes. It's like your household budget. There's only so much to spend. If you buy a new car, there might not be enough for the vacation you'd like.

If you eat an enzyme-free diet of cooked foods, and fail to take enzyme supplements, the strain can "bust the budget" and you can go broke.

Our bodies manufacture thousands of enzymes used in all kinds of bodily functions. Enzymes are intimately bound up with our immune system, so if we suffer any kind of health problem from a cold to cancer there's an acute need for more enzymes at the scene of the crime, so to speak.

If your enzymes and immune system cells must be used to digest food, they're not available to fight a disease, heal a wound, and do all the other things that need to be done.

A life-and-death fact that few people know

There's an important fact that few laypeople and probably few doctors know: the immune system steps in to help us digest food if we suffer a shortage of digestive enzymes — as millions of us do, thanks to decades on poor diets.

Research links an abnormally high white blood cell count to an enzyme-poor diet of cooked foods. The condition is called digestive leukocytosis, and it's the immune system's response to

"too much food in your gut and not enough enzymes." (*Natural Cancer Treatments that Work*, page 303)

If we lack the digestive enzymes to properly digest our food, then white blood cells, which carry a large quantity of enzymes, will attack the food instead and break it down into individual nutrients, such as amino acids, that our bodies can absorb and utilize.

That's not a job your white blood cells should be doing. If they're digesting your food, they aren't available to fight disease or perform other important functions.

The danger of throwing in your last reserves

Your pancreas and your immune system organs can become like a fire department with too many fires to put out at once.

Or you could say your limited supply of enzymes is like an army in battle. Every good commander knows you need a strategic reserve. If you're attacked at an unexpected place and your whole army is already engaged — if you have no reserves — you're out of luck.

Do you want to call in your immune system to deal with every meal you eat? It makes more sense to eat raw foods that are enzyme-rich and to supplement with enzymes.

When you make sure there are enzymes in your diet, you let your body use its limited resources to grow, maintain and repair itself instead of having to digest your food.

Alternative cancer doctors see the value of enzymes every day

Dr. Edward Howell spent a lifetime studying enzymes. His book, *Food Enzymes for Health and Longevity*, lists more than 400 studies on the value of enzymes that were published between 1904 and 1938. His work was largely forgotten by our drug-obsessed medical culture.

But he was rediscovered when doctors had to

deal with AIDS and cancer and conventional medicine had no answers. Alternative doctors were forced to ransack the attic to find new solutions. The enzyme research of the early 20th century was one of the things they found.

Now enzymes in one form or another are used by most alternative doctors who treat cancer.

Quoted in the *Alternative Medicine Definitive Guide to Cancer*, Dr. Jack Taylor says, “Ideally, you want to make it unnecessary for the digestive system to have to produce so many digestive enzymes. If you assist in the process of digestion by providing food enzymes such as those found in papaya or pineapple, you can divert the body’s overall enzyme production so that it has a greater capacity to make and channel more metabolic

enzymes to the site of malignancy and normalize its enzyme chemistry.”

The papaya and pineapple enzymes Dr. Taylor refers to are papain and bromelain, respectively. You can buy them at almost any supplement shop or health food store and start taking them today. They’re almost totally safe — the only conceivable worry is for folks who have an ulcer or who already take blood-thinning medications (because the enzymes are natural blood thinners).

Naturally, you shouldn’t self-treat for any medical condition you may have. If you’ve got a health problem, you should see an appropriate health professional. But you might want to seek out one who knows something about enzymes.

Chapter Four

What Enzymes Are and How They Work

Critical to health — safe and easy, too!

Enzymes achieve incredible results when used to treat a wide variety of diseases and symptoms including cancer, heart disease, arthritis, chronic fatigue and pain, allergies, migraines, MS and autism.

And of course, enzymes can help or completely clear up digestive problems like irritable bowel syndrome, excessive gas, bloating, diarrhea, constipation, “leaky gut” syndrome and intestinal yeast infections.

There’s even evidence that enzymes can fight viruses.

What’s more, enzymes are totally safe. All living things — plant or animal — contain enzymes. Enzymes are vital to life.

All foods contain enzymes — unless the enzymes are cooked out of them. Our own bodies make at least 22 digestive enzymes, and most enzyme supplements simply give you more of what your body makes anyway. Or they replace the enzymes we’ve destroyed in our foods by cooking and processing.

So how is it possible that even alternative doctors take so little interest in enzymes? It’s easy to miss what’s right under your nose...

How enzymes turn a cow or an apple into you

An enzyme is a catalyst — a chemical that causes a reaction to happen, or happen faster. Enzymes are a type of protein. Both enzymes and proteins are made up of the same building blocks: amino acids.

Scientists have identified at least 3,000 enzymes in the human body, but when it comes to therapy, we’re mostly concerned with

digestive enzymes.

Digestive enzymes literally take food apart, piece by piece. They reduce it to the smallest, most basic elements of life. Your body can then use these fundamental parts to build your own bone and tissue or to burn for energy.

Imagine that you have a brick barn and you want to use the bricks in the barn to build a house. You can take the barn apart brick by brick and use the bricks to build a house. A lot of work!

If you do that, you’re acting as a catalyst. You’re doing what enzymes do in your digestive system. They take a piece of meat, for example, and dismantle it down to the individual amino acids — the bricks. Then other enzymes reassemble those amino acids into the cells of your body. By the magic of enzymes, a cow is turned into you.

As you can well imagine, this is a complicated process. It involves multiple steps with many enzymes, starting from the moment you take a bite and going all the way through your stomach and intestines.

There are many places where things can go wrong. And they do. Enzyme deficiencies are the main cause or a secondary cause of a long list of illnesses.

Why doctors overlook enzymes

Your body makes its own enzymes out of the proteins you eat. Every cell in your body possesses enzymes. In addition, every type of food contains natural enzymes. If everything is working right and you eat a proper diet, your body gets all the enzymes you need.

By some estimates, half the protein we eat is actually used to make enzymes.

This is probably why doctors overlook the power of enzyme therapy. If you eat the proper proteins, healthy fats, minerals and vitamins — if you give your body the building blocks it needs — it should do the rest.

That's the theory, but most people don't eat right. We live on a diet of cooked and processed foods in which all the enzymes have been destroyed.

What's more, as we age, our bodies lose the ability to make enzymes. It's no coincidence that our risk of cancer, heart disease and other medical problems goes up sharply with age. And if our diet is enzyme-poor, the lack of these vital nutrients speeds up our aging process.

So in spite of the fact that enzymes SHOULD be in our food or we SHOULD be able to make them ourselves, the reality is, they aren't and we don't. That means when you take steps to change the situation, the improvement you see can knock your socks off.

Miraculous health improvements with digestive enzymes

The lack of just one enzyme can ruin your health and wreck your life. And supplementing with one enzyme can restore you to health so fast it can seem like a miracle. People are desperately sick for years on end because they're missing just one enzyme.

How can this be? It's easy to understand.

There are three basic enzyme types: *amylases* digest starches. *Lipases* digest fats. *Proteases* devour proteins. To avoid jargon and keep things simple, let's call them starch-eating enzymes, fat-eating enzymes, and protein-eating enzymes.

This is very important to know because there's a different enzyme for every type of food you eat. There are many different types of fat-eaters, starch-eaters and protein-eaters.

Science writers often use a lock-and-key analogy, where the enzyme is the key and a particular food is the lock. If you're trying to open a lock and you have a string of 20 different keys, you probably know from experience that you have to test every key until you find the one that will open the lock. No other key will work.

Likewise, each food you eat has its own enzyme or type of enzyme. No other enzyme will digest that particular food. A deficiency in just ONE enzyme can cause you serious health problems.

What lactose intolerance can teach us

Lactose intolerance provides an easy way to understand the importance of enzymes. You've probably heard something about it. Some people can't digest milk or milk products such as butter and ice cream.

The problem is that their bodies don't make lactase, the enzyme you need to digest lactose, a sugar found in milk.

The symptoms of milk intolerance can make you miserable: abdominal pain, cramps, bloating, diarrhea, and gas, plus pimples and skin rashes for some folks. Before researchers identified the problem, these people had no idea why they were sick all the time.

And even when doctors did figure out that milk made some people sick, they often called it a milk allergy. This is untrue or only half-true. "Allergy" doesn't quite describe what's going on.

We now know that lactose intolerance is largely hereditary. People of Asian and African descent and Native Americans are far more likely to suffer lactose intolerance. In fact, if you're not white there's a very high chance you have trouble digesting milk.

Lactose is also age-related. No matter what ethnic group they belong to, older persons will likely have more trouble digesting milk than do infants and small children. Even people with

inherited lactose intolerance may be able to digest milk until they're about five years old. Then their bodies lose the ability to make the enzyme.

Instant relief without drugs or maddening diets

Now we know you can solve the problem almost instantly by popping a pill containing lactase, the missing enzyme. It's just as easy as snapping your fingers. Supplement with the enzyme your body lacks and the problem is solved for most milk-intolerant people.

In a study of children suffering from lactose intolerance, more than nine out of ten got relief by supplementing with the enzyme.

Remember how limes or oranges instantly cure scurvy? This is very similar.

You can buy lactase supplements as well as foods for the lactose-intolerant. Some people reportedly don't like the taste of the treated foods, so you may prefer the pills.

What's more, any of us can benefit from lactase supplements even if we aren't lactose-intolerant (and you might be milk-intolerant without knowing it — that is, you may be sick and not know why). The enzyme is harmless and will help anyone digest milk better.

Two important points...

Some moralists tell us we shouldn't drink milk, we should just give it up. Milk, they tell us, is for babies. Older bodies are not meant to digest milk, they say. If you drink milk as an adult and it makes you sick, it serves you right.

They go too far. Milk isn't an evil food. It's good for you. Merely by taking the enzyme, you can break it down into the "bricks" you need to build your own house — your own body. There's nothing wrong with those bricks.

Second, we're not reporting all this information about milk intolerance for its own sake but to explain how enzymes work in general. You see, milk intolerance is just the tip of the iceberg. We

suffer from a whole range of illnesses caused by enzyme deficiencies, and we can cure those illnesses with enzymes. What's more, the cure is quick, cheap and easy.

Milk intolerance is just a handy way of showing how sick you can get — and how well you can get — *fast* — thanks to enzymes.

With our nationwide-habit of eating cooked and processed foods that are enzyme-dead, we have a vast amount of illness in our society that's enzyme related. That is, the diseases are related to our *lack* of enzymes.

Giving up foods is *not* the answer

You can try curing your illnesses by giving up everything you can't digest. But you know what? You'd be starting down a very long, hard road. And chances are, it won't lead you to health.

To continue with the milk example, giving it up is easier said than done. There are milk products like casein in a whole variety of processed foods. There are all kinds of delicious sauces that use milk, cream or cheese.

There are birthday parties your milk-intolerant children might like to attend, and they'll want to have cake and ice cream like the other kids. There are school lunches that your child won't be able to eat along with the others. There are parties and family events where you'll have to sit there and say, "I can't eat that, I'm allergic."

It's fun to have a good French or Italian meal once in a while, cream sauces and all. We shouldn't do it often, but do we have to give it up completely for the sake of a bogus "allergy" problem?

A new and better solution for allergies, digestive problems and more

There's more to allergies than milk. And there's more to allergies than wheat, another food that many doctors will tell you to give up before they've even examined you.

Folks suffering from allergies, digestive problems, arthritis and autism can often trace the problem to food “allergies” — not just to milk and wheat, but to a whole variety of foods.

This means their immune systems are fighting the food they eat as though it were a smallpox microbe! But even after eliminating dozens of foods, they’re still sick.

I suffer from allergies and gave up all kinds of foods including milk, sometimes for years on end. Sometimes I experienced symptomatic relief, but not much and it usually didn’t last.

What’s more, most of the time there’s nothing wrong with the foods that supposedly give us a reaction. Nutritious fruits, nuts and vegetables often appear on lists of foods that people are told to give up.

These are good, healthy foods!

A whole mini-industry has grown up to give blood tests to people with food allergies. Then they hand you a whole list of foods to eliminate. Most of the time the relief you experience — if any — is temporary.

These researchers are honest, and they’re on the right track. Improperly digested foods and malfunctioning digestive tracts throw our immune systems into an uproar. A whole range of diseases, including allergies, MS, autism, rheumatoid arthritis and more, are food-related.

But after you read this Special Report, I think you’ll agree that we can get better results by fixing our digestive systems — especially by supplementing with the enzymes we lack.

Autism and enzymes: the hidden connection

One of the most eye-opening books you’ll ever read is *Enzymes for Digestive Health and Nutritional Wealth*, by Karen DeFelice. Thanks to enzymes, she not only cured her own migraine problem but saw vast improvement in the behavior of her son who suffered from an autism-related disorder.

In this Special Report, I’ll refer to her work often. When I do, the reference will be followed by her initials (KD).

Karen DeFelice collected data in an Internet forum of 260 autistic children and their parents. These parents knew there was a connection between diet and autism. At one time, many of them drove themselves and their kids crazy with “elimination” diets. In one case a child was down to only five foods he could eat without having a reaction. Karen DeFelice saw the same kind of thing with her own children.

You wouldn’t believe how miserable it is to try to stick to these elimination diets. As these parents discovered, most of the time the real underlying digestive problem still lingers on. Giving up all those tasty foods doesn’t make you well.

Then these parents discovered enzymes. As you’ll see in Chapter Nine, the kids were able to eat almost anything without having a reaction. Their behavior and learning problems improved more than they had ever experienced with any other therapy.

Chapter Five

The Enzyme Answer to Heart and Circulation Problems

New hope from a little-known source

It's a well-known fact that protein-eating enzymes relieve pain and reduce inflammation. Dozens of studies support this finding. The technical names for such enzymes are proteases or proteolytic enzymes.

Wobenzym is a proteolytic enzyme supplement that's said to be the second most popular pain reliever in Germany after aspirin (see Chapter Six). Millions of consumers seem happy with it, and German scientists have published many studies that support what these people have seen and felt for themselves.

American alternative health newsletters have caught on to enzymes as a way to treat pain and inflammation. They also frequently mention enzymes as a possible way to...

- Reduce cholesterol
- Break up the blood clots that cause heart attacks and strokes, and
- Thin the blood as well as or better than prescription blood thinners.

The link between heart disease and pain

Does it seem odd to recommend the same remedy for pain and heart disease? Can one class of nutrients treat your arthritis and high cholesterol at the same time?

The answer is YES, and this chapter will review the evidence. If your favorite alternative doctor has recommended an enzyme for these conditions, he or she is on the right track. We now know that inflammation plays a major role in

heart and artery disease as well as in pain.

Even conventional medicine is finally admitting the link between inflammation and heart disease. But conventional medicine is still obsessed with symptoms like plaque and cholesterol rather than root causes.

Alternative doctors seem to be ahead of conventional doctors in treating heart disease as an inflammatory process and looking for natural treatments that attack the real, underlying causes.

The surprising connection between heart disease and cancer

But there's more, and you won't hear this from many American doctors: inflammation plays a role not only in pain and heart disease but in cancer as well. According to a leading American enzyme researcher, Dr. Anthony J. Cichoke, cancer and circulation disease are profoundly related.

In this Special Report, I'll often refer to Dr. Cichoke's book, *Enzymes & Enzyme Therapy*. When I do, the reference will be followed by his initials (AC).

More than a century ago, a French physician named Trousseau noticed that cancer patients tended to suffer blood clots (thromboses) and that patients with blood clots tended to have cancer. According to Dr. Cichoke, German cancer researchers confirmed Dr. Trousseau's insight with autopsies.

Now we have a much better grasp of the connection between these diseases and how enzyme therapy can help heal them all.

Until now, you've been given only half the enzyme story

America's alternative health newsletters tend to take a limited, blinkered view of enzyme therapy. They mostly focus on two enzymes, bromelain and nattokinase.

What's more, they focus on these two enzymes as if they were pharmaceutical drugs designed to treat a specific disease. They tell you, "Here, take this. It's a natural therapy you can use to replace aspirin or warfarin or whatever other pain relievers and blood thinners you take."

The typical health newsletter doesn't give readers the full story on how enzymes work and how vital they are to health. Enzymes are natural substances found in all uncooked foods. The key word there is "uncooked." The over-cooked, over-processed foods that most of us eat most of the time have few or no enzymes.

The lack of enzymes in our diet is a major cause of premature aging and a whole variety of diseases including heart attacks and strokes.

We need enzymes to help us convert food into healthy bone, blood and tissue. Try looking at it this way: If you don't drink water, you'll die of dehydration. But that doesn't mean water is like a "drug" that cures dehydration. It's a vital part of our bodies that we need to take in every day whether we're healthy or not.

Ditto with enzymes. Like minerals, antioxidants, vitamins and certain healthy fats, enzymes are indispensable foods. Much of the illness we suffer, including heart disease and cancer, is linked to our enzyme-deficient diets.

Enzymes alone are not a cure or magic bullet. But they're vital nutrients — neglected nutrients — that should probably be a part of any treatment plan for cancer, circulatory disease or arthritis. More important, they should be part of any plan for disease prevention and overall good health.

The biggest boost you can get without major lifestyle changes

We should all get plenty of exercise and aim for a healthy diet that consists mostly of raw, uncooked fruits and vegetables. But if it's hard for you to make big lifestyle changes, cheer up: you can achieve dramatic improvements with enzyme supplements alone.

Dr. Cichoke tells the story of a nurse with high cholesterol. She heard about the anti-inflammatory power of enzymes and started taking them for lower back pain. But she got a pleasant surprise. Not only did the pain go away but her blood cholesterol and triglyceride levels went down, too!

Enzymes should be right up there with antioxidants as critical, can't-do-without-'em supplements — unless you're in a hurry for your beneficiaries to collect on your life insurance.

To speak of enzymes as a replacement for pain relievers or blood-thinners like Warfarin and Coumadin is to totally miss the point. It's like saying a car is a good way to stay cool on hot days because it has an air conditioner. True, but it's not exactly the main reason to buy a car.

Enzymes are central to an exciting new view of heart disease

Dr. Cichoke offers a novel view of heart and circulation disease. He sees it as an imbalance between liquefying blood and solidifying blood — between blood thinning and blood clotting. We need both, but too much of one or the other can be fatal.

Like Goldilocks, we need a balance between thinning and clotting that's "just right."

The substance that's at the center of these two processes is called *fibrin* — a protein that causes blood to coagulate or clot. Fibrin is a good thing. We'd bleed to death without it.

Even a tiny cut could be fatal if our bodies didn't send the signal to form fibrin at the site

of the wound. Fibrin causes the blood to thicken and form clots at the cut so we stop bleeding.

Fibrin also lines the walls of all our major blood vessels. It forms a thin but tough coating that protects blood vessel walls from damage. To maintain this protective coating, our bodies form a couple of grams of new fibrin every day.

But this is where problems can start...

If the clotting factor is left unchecked, we steadily build up the fibrin coating on our blood vessel walls until the artery or vein is blocked. To prevent this we need to dissolve old fibrin and carry it away as new fibrin is formed. This is the “clotting and thinning” tug of war that Dr. Cichoke says we need to balance.

That’s exactly what our bodies do if everything is working right. We have a natural system to destroy fibrin. We produce an enzyme called plasmin that dissolves fibrin. Plasmin chops off parts of the giant fibrin molecule. The smaller protein fragments are then carried away in the blood as waste.

This is the critical balance between clotting and thinning that Dr. Cichoke talks about. We form new fibrin every day, and we form plasmin that breaks down old fibrin and removes it.

But our levels of plasmin decline with age, as do our levels of most enzymes. Worse yet, we speed up the aging process with our enzyme-poor diets. There’s reason to believe our lack of dietary enzymes puts severe stress on our bodies. Circulatory disease is just one out of many bad results.

When the clotting/thinning process is out of whack we form excess fibrin. Dr. Cichoke calls fibrin “the deadly companion of heart and artery disease.” If we have too much fibrin and not enough plasmin, our blood becomes sticky and our blood-flow becomes sluggish. Toxic debris builds up in the arteries.

Cholesterol is a fatty substance that adds to our woes. It attaches itself to the fibrin that coats

our arteries and forms the unholy gunk we call “plaque.” The blood vessels become narrow and hard. If the process goes on the arteries and veins become partly or even totally blocked.

To make a long story short, this puts us in danger of stroke and heart attack, not to mention pain and swelling in our legs (edema and phlebitis), angina pain and other ailments.

Heart disease, inflammation, and autoimmune response

Dr. Cichoke believes the cholesterol in plaque takes a form that our immune system rejects as a foreign object. The immune system tags the cholesterol as an invader and attacks it. The result is chronic inflammation.

We’re not absolutely sure of the exact cause of this inflammation, but we do know that it figures in artery disease.

Inflammation is the mark of *any* autoimmune disease — the type of disease in which the body fights itself. It’s likely that heart disease is — in part — an autoimmune disease. Rheumatoid arthritis and lupus are also autoimmune diseases. So are allergies and MS.

And you know what? Enzyme supplements can help them all.

We can combat inflammation AND dissolve fibrin by taking enzyme supplements. No, we can’t supplement with plasmin, the enzyme we produce ourselves. No manufacturer has tried to come up with a plasmin supplement.

But it doesn’t matter because we can take a variety of protein-eating enzymes that do the job quite well.

Two of these protein-eating or proteolytic enzymes are bromelain and nattokinase. The patented German product Wobenzym is another. But there are many protein-eating enzymes on the market, and fat-eating enzymes to boot. Later in this report you’ll find tips on how to choose an enzyme supplement.

Although not necessarily identical to those our own body makes, these enzyme supplements do a

large part of the job of breaking down fibrin — and all proteins, as far as that goes.

In so doing they relieve stress on our over-worked body organs (mainly the pancreas) that manufacture enzymes. (In case you were wondering, enzymes don't devour our own living tissue. Our cells are tagged with a protective marker.)

You'll be happy to know the result: An orally ingested enzyme mixture makes it possible to lower your cholesterol and triglycerides — those two bogeymen your doctor bugs you about. There's a good chance these markers of heart disease will improve if you take enzyme supplements.

What's more, a lot of less-famous heart disease indicators will heal at the same time. That's because excess fibrin production is harmful in several ways, and the supplements control the fibrin.

Thick blood and the clotting villain

Fibrin is the "glue" our blood produces for coagulation — for clotting. When fibrin production runs unchecked — probably because of a deficiency in plasmin — our artery walls build up a thick fibrin coating. But that's just part of the harm. There's more: our free-flowing blood becomes thicker and tends to clot.

This is important because researchers now point to clots as the final triggers in heart attacks and strokes. Heart disease is a gradual process, but the end result is sudden. Circulating clots are the last straw.

Over many years the arteries become harder and narrower and the blood becomes thicker. One day a small circulating clot finally meets a blood vessel that's too narrow to let it pass. The clot blocks the blood vessel. If the artery leads to the heart, the clot causes a heart attack. If it leads to the brain, the result is a stroke.

Likewise, blood clots can block the veins in our legs. This is less deadly, but very painful and disabling.

This is why doctors have millions of Americans on blood-thinning medications.

There's a better way.

Enzymes can dissolve little clots (microthrombi) and help normalize your blood flow. Enzymes also reduce the tendency of blood platelets to clump and harden.

Enzymes are nature's great circulation-booster

According to Dr. Cichoke, enzyme supplements not only devour fibrin themselves but also stimulate your body to make its own fibrin-eating enzymes such as plasmin. Your circulation benefits from a "two-fer." He calls enzyme therapy "a lifesaving treatment."

He's not alone. A Spanish doctor, J. Valls-Serra of the University of Barcelona, published his findings on the enzyme treatment of phlebitis (inflammation of the veins).

"In the case of earlier methods of treatment, it took several months for phlebitides to heal," wrote Dr. Valls-Serra. "The present methods of treatment bring about healing within only a few weeks." Regarding longer term symptoms, he writes, "...the results were also astonishingly good and superior to all methods of vessel dilation and anti-coagulant therapy previously undertaken." (AC, page 218)

The benefits include improved circulation, breakup of clots and repair of damaged blood vessels, plus reduced pain, swelling and inflammation. Studies show that enzyme therapy also improves the supply of nutrients and oxygen to tissue and removes wastes.

In study after study, patients suffering from inflammation and pain recover faster than do patients in control groups taking placebos or conventional medicines.

That's a remarkable list of benefits from a substance the FDA classifies as a safe food.

A caution when using enzymes with medications

Almost the only catch is that patients already taking blood thinners should employ protein-eating enzymes with care and under the guidance of

a physician. The enzymes can be powerful blood thinners and clot-busters in their own right.

Here's another consideration: the sooner you start enzyme therapy, the better. Dr. Cichoke believes it's less effective once the blood vessels are severely damaged. Enzyme therapy may only partially dissolve advanced plaques.

But don't let that discourage you. Even slowing down or halting the progress of heart disease *without drugs* is well worthwhile. And Dr. Cichoke cites research that shows even elderly patients or those with advanced blood vessel disease DO benefit greatly.

German studies confirm enzyme benefits

Dr. Cichoke cites no fewer than 12 studies to support enzyme therapy for diseases of the heart and circulatory system. But all 12 were published in German, meaning most American doctors, including alternative doctors, aren't aware of them. What's more, at least 17 studies — mostly in Japanese — confirm the benefits of nattokinase.

Remember Dr. Max Wolf, the developer of Wobenzym? He reported a study of 347 patients with an inflammatory disease of the veins (phlebitis). An incredible 58% became totally well and a further 29% became almost symptom-free. (AC, page 218)

Add the two figures together, and almost nine out of ten of these patients improved greatly. What's more, they got better in one-half to one-third the time the control group needed.

Another German study of patients with a blood clot disorders showed 94% got completely well or improved vastly in only eight weeks. A mere six percent reported no change in their condition. Eight weeks is not much time to correct a lifelong nutritional deficiency. Those results are fast.

A third German study cited by Dr. Cichoke involved 216 patients who had a disease of the veins. 93% got totally or partly well.

A fourth study involved 100 elderly patients

with a blood clot disorder. The swelling in their legs went down by half in less than two weeks. That's very little time for a nutritional therapy. But there's more: these patients reported less pain, better mobility — and lower cholesterol to boot!

In a fifth study— placebo-controlled — blood viscosity (thickness) declined after patients had spend just two weeks on enzymes.

Overwhelming evidence, so is it really smart to wait?

It's a pity that enzymes have been so neglected. But remember, we're just in the early stages of researching the thousands of wonderful nutrients in plants. The research has to be conducted with almost no money, and in the face of fierce hostility and ridicule from the medical establishment.

We've only known about the power of antioxidants for around 25 years. The breakthrough book, *Life Extension*, was published only in 1982. What's more, the authors were two mavericks from outside the medical establishment.

Tens of million of people now take antioxidants and know what a free radical is, but many in the medical establishment still call it quackery.

Or consider lycopene. This bioflavonoid found in tomatoes is now considered a powerful cancer-fighter, yet it was discovered just a few years ago. We know little or nothing about thousands of other nutrients.

You can think of enzymes as the new antioxidants. As we learn more about enzymes' benefits, more and more people will supplement with them. There will be more studies and we'll learn much more about them. Better and more advanced products will come on the market.

You can wait to learn more, but it hardly seems necessary. There's enough evidence now in the form of studies and anecdotal evidence from patients. Enzymes are foods (even the FDA agrees), they're safe, they're pretty cheap and the benefits can be enormous.

Chapter Six

Pain Goes Away Without Drugs

In study after study, patients find enzyme formulas are more powerful than prescription pain relievers

The power of enzymes to reduce pain, swelling and inflammation is so well established by so many studies, it's a wonder that enzyme therapy hasn't taken America by storm.

It will. Just give it time. Alternative doctors in the USA are discovering the wonder of these overlooked nutrients. Maybe they should learn to read German, or at least check out the book I cited in the last chapter, Dr. Anthony J. Cichoke's *Enzymes & Enzyme Therapy*. He summarizes dozens of German (and other) studies that prove the healing power of enzymes.

And according to Karen DeFelice, author of *Enzymes for Digestive Health and Nutritional Wealth*, "For over 20 years in Germany, doctors have successfully continued to treat osteoarthritis with enzymes and consider enzymes equivalent in effectiveness to medications."

Large scale study was a "win" for enzymes

Both Cichoke and DeFelice cite a German study involving 1004 rheumatic patients and 141 doctors. If you know anything about the crippling pain of rheumatoid arthritis, then you have some idea of what these people must have suffered.

Yet after enzyme therapy, from 76% to 96% "improved" or "considerably improved." Most of the rest were "unchanged" and a mere 2% got worse. Only ten patients out of a thousand complained of side effects. (AC, page 172)

In a smaller study of 42 rheumatoid arthritis patients, 26 got better with Wobenzym (62%). Thirteen experienced no change and only three

deteriorated. (AC, page 169)

In that study, it's important to note that blood tests showed improvement in a key marker of inflammation called "circulating immune complexes," or CICs. The patients who reported less pain were the ones whose blood tests showed their inflammation had indeed gone down.

CICs figure big not only in arthritis but also in cancer and heart disease as well. The German studies cited by Cichoke show that enzyme therapy can reduce CIC values to normal within weeks.

Altogether, he cites eight German studies on arthritis specifically and ten more studies (including one he conducted himself) on pain, sports injuries and inflammation.

The evidence is impressive.

More powerful than a leading prescription drug

Do enzymes help relieve osteoarthritis — the more common type? You bet. Dr. Cichoke reports a test of 80 patients who suffered from osteoarthritis of the knee. Half received an enzyme formula and half were treated with a leading prescription pain reliever called diclofenac.

The enzymes proved just as effective as the drug in relieving pain by day or by night, at rest or in motion.

The Germans have also studied healthy athletes to see if enzyme therapy relieves pain and swelling and speeds up healing. The results were startling.

In a study of a hundred athletes, half took a

placebo and half an enzyme formula. More than three out of four of those on the enzymes rated the results as “good.” Only 14% of those on the placebo were willing to say the same thing. Neither group knew which pills they’d received.

The Germans have really taken the results to heart. According to Karen DeFelice, German and Austrian teams training for the Olympics consume “millions of enzyme capsules.” Dr. Cichoke says it’s common for German prize fighters to take enzymes to prevent injuries and speed up recovery.

Drugs merely mask the pain, but enzymes get at the root cause

One reason for the popularity of enzymes is that they are a “root cause” solution to pain, injury and inflammation. Enzymes actually heal the underlying problem.

The non-steroid anti-inflammatory drugs or NSAIDS that most of us take for pain are not healing drugs. In fact, they can be very damaging—even fatal — if taken over the long term, the way many arthritis patients do. NSAIDs block our response to pain so we don’t feel it, but do little or nothing to heal the pain or injury.

Athletes have good reason to know this. Sure, they want to stop the pain, as most of us do. But their most important goal is getting back on the field. And when it comes to speeding up recovery, athletes find that enzymes are clear winners over pain drugs.

In one of the rare American studies of enzyme therapy, Dr. Cichoke himself analyzed 64 football players. Half the athletes were given enzymes and half were given a placebo. Neither the players nor the doctors knew which pills were which.

The idea was to take enzymes regularly as a food supplement rather than wait to begin enzyme therapy AFTER an injury had occurred.

Using enzymes in this way for prevention, Dr. Cichoke and his colleague Leo Marty found that athletes who took enzymes recovered from injuries up to twice as fast as those on the sugar pill.

German studies demonstrate fast healing

Dr. J.M. Zuschlag tried enzyme therapy on 20 karate fighters. As you can imagine, karate folks get pretty banged up. Half took a placebo and half took enzymes, without knowing which pill they were taking.

The edge they got from enzyme supplements was astounding. Bruises healed in 6.62 days on average in the enzyme group compared to 15.59 days in the placebo group.

During the course of the study, the athletes who took the placebo missed 10 days of training on average while those who took enzymes missed only four days. Athletes on enzymes got over pain and swelling in about four days but those on the placebo needed about ten days to recover. (AC, page 143)

To an athlete — especially a pro or college athlete — those are eye-popping results.

What’s more, the Germans have confirmed them again and again. The players who supplement with enzyme preparations lose less playing time, recover from injuries faster, and experience almost no side effects. The side effects from prescription drugs, on the other hand, are often serious — and the athletes lose more playing time.

Writing in the *Annals of the New York Academy of Science*, E.A. Fulgrave states that for many major sports injuries, enzymes can reduce time lost from two months down to two weeks! (AC, page 141)

What works for these athletes can work for you

Considering the wealth of studies on not only arthritis patients, but also injured athletes, cancer patients and all kinds of people with pain, there’s almost no doubt that enzymes are the missing nutrient that can mean a new life for many people.

Enzymes can even help you recover faster

after surgery. The evidence is found in — yes — another German study, this one on patients undergoing knee operations. It took fewer days for the folks supplementing with enzymes to be able to bend their knees, compared to the patients who got placebos. The enzyme group could also stand and walk earlier, and suffered less pain and swelling. (AC, page 144)

This isn't a case of some people telling a researcher how they feel. It's a study of hard, objective fact: the number of days it took to bend, stand up and move.

Besides these studies, Dr. Cichoke reports many individual stories of quick healing and recovery. In one case, a college soccer coach injured a vertebra while playing goalie. The pain, muscle spasms and immobility were so bad that his wife rushed him to an emergency room. The doctors there gave him pain drugs and muscle relaxants, and told him to stay in bed for two weeks.

Three days later, he was no better. In fact, he had to crawl from his bed to the bathroom. He saw another doctor who urged him to try something else: enzyme therapy, which he started a week after his injury.

The results were like a miracle

Within 24 hours, says the soccer coach, "...I had literally lost almost all of the pain. I could stand erect, next to my bed, without having to bend over. The reduction of pain was remarkable."

The case of a high school long distance runner is just as dramatic. The boy developed knee problems, with pain so severe he was thinking of giving up his sport. Instead, he tried enzymes. In a week he was almost free of pain, even though he didn't take a break in his workout schedule. Within two weeks, he was totally pain-free and running seven miles a day.

Not all of us will experience such quick, dramatic results as these two injured athletes, but big studies of hundreds of people in pain do confirm that enzymes work.

Enzymes boost your normal healing response

Inflammation is our normal immune system response to ANY injury — and enzymes control the inflammation process.

When you cut your finger, inflammation follows. Your immune system rushes cells to the site to attack bacteria, dirt and other foreign matter. Immune system cells kill anything that shouldn't be there, and they clean up the waste, to boot.

But your immune system cells do even more. They "chew up" and carry away your own dead cells. They leave your living cells alone, but when your own cells are dead, your immune cells are the undertakers that carry them out.

Enzymes associated with your immune cells break up and remove unwanted debris, whether foreign bodies or your dead cells. The process is very similar to the way enzymes digest your food. And, in fact, when your intestines don't have enough enzymes your immune cells step into the breach and help digest your food.

Fibrin also figures in your body's response to injury. If you read the chapter on heart health and enzymes, you know that fibrin is the clotting factor that coats, protects and seals the walls of your arteries. Likewise, fibrin causes clotting at the site of a wound so you don't bleed to death.

When you have a wound, fibrin forms an isolating barrier around it, called the inflammatory membrane. The swelling and redness you see are the products of your healthy immune system response.

You need enzymes to form fibrin and you need enzymes to break up fibrin — clots, membrane and all — when it's no longer useful. You also need enzymes to destroy immune complexes that lodge in tissue and cause inflammation when it no longer serves any purpose.

How to tell the guest it's time to go

You can think of your immune system's response to an injury as a guest who doesn't know when it's time to go. Proteolytic or protein-eating

enzymes show him to the door.

Protein-eating enzymes help end a prolonged, inappropriate immune response that causes redness, swelling and inflammation. In the worst case, long-term, chronic inflammation can permanently damage healthy bone or tissue.

Your body produces its own enzymes if you're healthy, but the research shows that supplementing with protein-eating enzymes speeds up healing, improves circulation and reduces inflammation.

Long story short, enzyme supplements help wounds and injuries heal, and they perform the same service for the injuries and diseases you can't see — such as inflamed joints, inflamed muscles, intestinal sores — even sinusitis and migraine headaches.

What happens in arthritis and why enzymes stop it

You may know there are two types of arthritis: osteoarthritis and rheumatoid. Osteoarthritis is far more common. Often called the “wear and tear” disease, it's considered one of the hazards of aging. For some reason, it afflicts three times as many women as men.

In osteoarthritis, the cartilage that cushions our joints simply wears out, leaving bone to grind painfully on bone. Tendons, joints and the ligaments that hold the joint together become weaker, and the joint might become deformed, painful and stiff.

Morning stiffness is one of the telltale signs. Many osteoarthritis sufferers report that bed rest helps, but as time goes by they find themselves becoming less and less active due to pain and to difficulty moving.

Rheumatoid arthritis is less common but much more serious and crippling than osteoarthritis. Although the cause is unknown, most authorities now consider it an autoimmune disease. What happens is that the body's immune system attacks the cartilage as though it were foreign tissue.

Enzymes powerfully tackle immune system problems

Rheumatoid conditions can afflict not only bone but soft tissue as well. The most common symptoms are pain and restricted movement. Muscular rheumatism, bursitis and fibromyalgia are related soft tissue pain syndromes that afflict millions.

Most authorities think these are diseases of inflammation caused by a self-destructive uproar in the immune system.

Sometimes your immune system cells are the unwanted guests who need to be shown the door.

These rheumatoid conditions are by no means the only autoimmune diseases. Ordinary allergies are another example of immune system dysfunction, as are MS, lupus and a host of other chronic medical problems. And in the chapter on heart disease you've already seen that an autoimmune response plays a role there, too.

The relationship between your enzymes, digestion and immune system is complicated. Chapters Eight and Ten go into more detail, and you'll see why enzyme therapy is such a promising weapon against these chronic “incurable” diseases. But meanwhile, here's an eye-opening glimpse at what bad digestion can do to your bones...

Hidden digestive deficiency linked to both types of arthritis

If you think it's weird to link digestion to arthritis, look at a study of 70 arthritis patients, half of them rheumatoid and half osteoarthritic. The researchers found most of the patients did not have enough stomach acid (hydrochloric acid).

And get this: Fully one out of four had NO stomach acid. Among people who don't have arthritis, only about one out of ten is totally lacking in stomach acid.

That's a startling fact. Though hydrochloric acid is not an enzyme, it's critical to digestion.

And, like enzymes, our stomach acid levels tend to go down as we get older. If you take antacids or acid-blocking ulcer medications, you're in even greater danger — not only for arthritis but for bone-thinning as well. You can't properly digest calcium if you're deficient in stomach acid.

Our bodies do have backup systems. One part of our digestive system can take up the slack when others fail. Our intestines can do the digestive work our stomachs fail to do if we're acid-deficient. Our immune cells can digest our food if our pancreas doesn't produce enough digestive enzymes. But we shouldn't take too much comfort from that: it just means our health may be compromised in a serious way and we

don't even know it.

Taking hydrochloric acid supplements along with enzyme supplements can be a powerful and nearly risk-free way to treat ALL kinds of pain. Real-life patients often find they can cut back on NSAIDs or eliminate them altogether.

Combined with other natural anti-inflammatories like the omega-3 fatty acids found in fish oil, enzymes might hold the key to a nutritional answer to pain and inflammation.

Rita Elkins, author of *Digestive Enzymes*, writes, "Some people have found that when they improve the health of their digestive system, rheumatic symptoms disappear."

Chapter Seven

Say Good-bye to Indigestion, Bloating, Gas, Diarrhea, Constipation and Cramps

If you suspect that digestive enzymes can solve digestive problems, you're exactly right.

Nearly every disease of the stomach and intestines can be improved or outright cured by enzyme supplements and enzyme-rich foods. Many practitioners combine enzymes with other therapies such as supplements of friendly bacteria (called probiotics) and yeast-killers.

Your digestive problem may be directly linked to an enzyme deficiency. Take milk intolerance, discussed above in Chapter Four.

For genetic reasons, tens of millions of people can't digest milk. They suffer miserable symptoms including pain, cramps, bloating and diarrhea. All most of them have to do is take an enzyme they lack, and then they can eat an ice cream sundae with no problems. (Not a good idea nutritionally, but hey, it's fun.)

Profit from your own "Eureka!" moment

In her book *Enzymes for Digestive Health and Nutritional Wealth*, Karen DeFelice describes how she desperately looked for a solution for her son. He had digestive problems so severe, he was wasting away at age six!

Then she found out that her husband's mother and two sisters all suffered from lactose intolerance. One sister-in-law told DeFelice, "Oh, yes, we can't have any milk at all or it brings on terrible headaches and digestive problems."

This was a "Eureka!" moment that set Karen DeFelice on the path of enzyme therapy. Now she and both her sons depend on enzymes for health. You should take the hint and investigate

whether enzyme deficiencies lurk beneath your medical problems.

Two easy examples show the power of enzymes

Lactose intolerance is an easy case. Gas is another easy case. As every schoolboy knows, this embarrassing problem often follows eating beans. The reason is that we lack an enzyme called alpha-galactosidase that breaks down the sugars found in beans.

A few years ago a product called Beano came on the market. It contains the missing enzyme. Add a few drops to a serving of beans, and there's no need to worry about gas.

These two simple examples are a good ground-floor way to understand why enzymes are so powerful and can treat so many conditions. Enzymes digest food for us. It's as simple as that. Supplement with the right enzyme and digestion gets easier. Chronic problems like constipation or pain can disappear. In fact...

Digestive problems are often a sign of enzyme deficiency

Enzyme deficiency is so common in our society, it's often *the real, underlying medical problem* behind a whole range of digestive complaints we accept as "normal."

Belching...abdominal pain...diarrhea...constipation...intestinal gas...bloating... food allergies...fatigue following a meal...food allergies...

Any or all of these can be symptoms of enzyme deficiency. And you can often solve them or greatly reduce them by taking enzyme

supplements. Think of all the drugs we take for these problems, from antacids to that obnoxious “little purple pill” they advertise on television for acid reflux.

You may be able to get rid of these symptoms just by supplementing with nutrients that should be in your food but aren’t.

Cancel the surgery! Delighted heartburn victim can now live “pain-free”

Check out this happy letter from a subscriber to Health Sciences Institute’s well-known newsletter: “I’ve had a hiatal hernia for the last ten years and I’ve been in a hospital twice, thinking that I was having a heart attack. Both times, I was sent home with medicine for heartburn. I’ve been taking Zantac and other drugs without much relief...I was scheduled for surgery when I started to use Assimilate [an enzyme formula]. I use it with meals and even when I have a snack. With Assimilate, I’m able to live pain-free.” (Health Science Institute, June 1999)

Chapter Eleven covers how to select an enzyme supplement. For now we’ll note that Assimilate (which is just one of many commercial enzyme products) contains carb-eating enzymes, fat-eating enzymes, cellulase to digest cellulose (that is, fiber), lactase, and bromelain, a well-known protein-digesting enzyme.

Stomach acid plays a role, too

Cooking and processing remove nearly all the enzymes from our diets, but as we age we also produce less stomach acid. Chapter Six, above, revealed the shocking fact that arthritis patients on average have a much lower level of stomach acid (hydrochloric acid or HCl). Digestive enzymes and HCl supplements are known to bring relief to many arthritis victims.

There’s more: diabetes, lupus, rheumatoid arthritis, gallbladder disease and osteoporosis all correlate with a serious lack of both stomach acid AND digestive enzymes.

Why mention these diseases in a chapter on indigestion? Because your upset stomach can be the sign of something more serious.

And here’s something interesting: many of the very same symptoms you think come from too much stomach acid may in fact stem from a lack of stomach acid. Intestinal gas, bloating, constipation and diarrhea can be *signs of a stomach acid deficiency*.

Think of all the people taking antacids and acid-blockers. They might be doing the worst thing possible for their digestive problems AND their general health.

Seek professional help and use good sense

For healthy people, enzymes are just about risk-free. If you have serious gastrointestinal problems such as an ulcer, you should seek professional help. Doctoring yourself even with safe substances like enzymes can be risky. But it’s certainly worthwhile to look for a practitioner who makes use of the findings in this report.

I did just that and got rid of chronic “spastic colon” that I’d had for 20 years. The therapy also included anti-parasite herbs, probiotics and some dietary changes. It took a few months but it worked.

In Chapter Eleven there’s more information about how to purchase enzyme supplements and what to expect when you start them. There can be some discomfort as your body adjusts to the dramatic nutritional change.

As with most supplements, it’s good advice to start slowly with lower doses and stop for a few days if symptoms (such as loose stools) become too unpleasant.

Lactose intolerance and bean-induced gas are simple, but the whole subject of enzymes is complicated. There are thousands of enzymes in our own bodies and in food. They affect us in thousands of ways. We’ve messed ourselves up

unbelievably with our enzyme-free diets plus an environment laden with toxins such as lead, mercury, pesticides and other chemicals.

New mother cures baby's colic instantly

Our guts are a mess, with problems ranging from “normal” annoyances like gas and indigestion to life-threatening conditions like cancer and heart disease. Because so many different factors are involved, people who start enzyme therapy may experience any response from instant relief of a chronic medical problem to gradual improvement over a year or two.

You might get a pleasant surprise. Take C.M. of Houston, Texas, whose new baby had colic. If you've ever known an infant who had colic, you know the misery it causes. “My baby's pain and suffering tore at my heart,” this mother writes. She added a broad spectrum enzyme formula to her baby's bottle and the colic disappeared at once. “I share my experience with every new mother I meet,” she says. (Health Science Institute, June 1999)

What goes on in our pipes and how enzymes can help

Our gastrointestinal system (or G.I. tract for short) is a long, long tube that starts with the mouth and ends with the anus. The moment we begin to chew a bite of food, enzymes in our saliva begin to digest it, and the process continues all the way to the end, with at least 22 digestive enzymes plus stomach acid and bacteria playing important roles.

Some parts of this long path contain acids that actually destroy certain enzymes. Other parts of the G.I. tract are alkaline and thus are the only places where certain enzymes are active.

The acid environment in our stomachs begins to break down our food in one way, then the food passes into our small intestine and new secretions neutralize the acid. In our small intestine the environment becomes alkaline and digestion continues with a whole new set of enzymes.

It's like an automatic car wash where the car is soaped in the first part of the tunnel, rinsed with clear water in the next part and waxed in the last. You don't want wax in the first section, only in the last, and you don't want to rinse the car before you soap it.

But food-wise, that's what many of us do: we put the wax before the soap, so to speak. Or we have no soap (that is, no enzymes), so we can rinse as long as we like but the dirt (the undigested food) stays right on the car.

A good beginning to digestion makes a better end

Your colon, also called the large intestine, is the last four feet of your G.I. tract. Your body secretes no enzymes in the colon. If that job isn't done before the food gets to the colon, you're in trouble.

Helped by trillions of bacteria, some digestion does take place in the first part of your colon; but generally in the second and third sections of the colon little digestion takes place and stools form.

Enzyme secretion, digestion and absorption take place *earlier* in the digestive process, mostly in the 20 feet of the small intestine. So if the levels of stomach acid and enzymes are poor in your stomach and small intestine, then undigested food can arrive in the colon and decompose there.

The decomposition takes place with the help of some nasty microbes — bacteria and fungi — that are happy to digest what your body failed to. As these microorganisms feast on the food your body didn't assimilate, they excrete toxins and byproducts that can really harm your health.

The colon wall absorbs water from the waste, so if waste remains in the colon too long it becomes hard and compact. Constipation is the end result (pardon the pun). If waste passes through too quickly and liquids are not sufficiently absorbed, the “end result” is diarrhea.

Your colon is a focus of disease

Because of its function at the end of the line,

your colon pays the bill for everything you've done wrong and every way your body has failed up to that point.

Undigested food putrefies in the colon and becomes a prime breeding ground for harmful bacteria and other pathogens. For example, undigested carbs — especially sugar — are an ideal breeding ground for yeast AND bacteria.

Many health scientists believe yeast overgrowth is a prime cause of a whole list of medical problems. Intestinal yeast may literally be fermenting sugar in your stomach and turning it into alcohol and gas, among other things.

Nor is sugar the only problem. According to the *Alternative Medicine Definitive Guide to Cancer*, undigested protein “putrefies in the intestinal tract and tends to form nitrosamines and ammonia, highly toxic compounds and known carcinogens.”

The problems can include colon cancer, colitis (inflamed colon, which can be ulcerous), irritable bowel syndrome, parasites, hemorrhoids and more.

Enzyme supplements can lend a big hand in digesting your food so that undigested or partially digested food doesn't get dumped into your colon.

Here's what you want to aim for: eat good healthy food and digest it fully BEFORE it gets to your colon. Undigested food socks your health with a double whammy: it's packed with vitamins, minerals and other nutrients you're NOT getting because you're not digesting properly. And when they're dumped into your colon, those undigested nutrients DO feed the microbes that harm you.

According to Health Sciences Institute, researchers at the Mayo Clinic tested the enzyme supplement called Assimilate. They found that it dramatically increased the absorption of many nutrients including selenium, zinc, and essential fatty acids.

How would you like four extra hours a day?

For serious gastro-intestinal dysfunction such as irritable bowel syndrome and yeast infection,

clinical practitioners advise patience and persistence — under the guidance of an expert who can tailor a mixture of enzymes, probiotics, essential fatty acids and other nutrients to your specific needs. They say to allow six to 18 months for complete healing.

In other words, don't expect instant relief from every long-term, chronic digestive problem. But DO expect healing over time including a reduction in the symptoms that bother you. What's more, you might experience much higher energy and better health as your body begins to absorb nutrients that previously passed through undigested.

When she started supplementing with enzymes, Karen DeFelice reports that not only did her migraines go away, but her energy level was so much higher and her mind was so much clearer that she had four extra hours a day to use any way she wanted — hours she once spent sleeping or too mind-fogged to get anything done.

To end abdominal upset, try this secret

We've only just begun to discover all the “mystery diseases” that enzyme deficiencies cause.

Besides milk or lactose intolerance, a large number of people also suffer from gluten intolerance. Gluten is a protein found in EVERY product made from wheat, rye or oats. This component gives dough its elasticity — in fact, the word “gluten” has the same root as “glue.”

Milk and wheat allergies are so common that allergy experts will often tell people to give up milk and wheat without even examining them or running any tests.

If you have digestive problems, avoiding these foods is worth a try, but it's not easy to do. You can forget about dining out. Even the food you're allowed to eat at home can get so boring, almost every patient ends up cheating on the diet.

Chances are you can avoid all this bother. As with milk intolerance, enzymes can solve gluten intolerance for most people. The protein called

gluten is made up of the same amino acids or building blocks as all other proteins, including the proteins in our own tissues. Certain enzymes simply break down a complex protein, gluten, into these beneficial amino acids — the building blocks of our own bodies.

Health practitioners report that papain can bring relief to many folks who have gluten intolerance. It's a common enzyme derived from papaya. It's available for pennies in health food and supplement stores. Hundreds of thousands of people have taken papain for years on end and suffered no harm.

The other milk allergy

Casein is another common food allergen that causes some people's immune systems to react. It's a milk protein — meaning some people who suffer from milk intolerance might continue to do so even if they take lactase, the enzyme that digests the milk sugar lactose. Their problem is casein, so lactase doesn't help at all.

Fortunately, there are broad-spectrum enzyme supplements that digest casein, gluten, lactose and a wide range of other proteins, carbohydrates and fats that make up most of what we eat.

If you're pretty certain which foods upset your stomach you can exactly match the enzyme to the food. But if you're not sure, a formula made up of different enzymes will probably nail the unknown food that's making you sick.

One of the beauties of enzymes is that the appropriate mixtures will break down ALL foods, not just the ones you think might be causing a reaction. If you just consider the case of gluten intolerance, you can see how important this is.

So much easier than giving up foods!

Not only is gluten found for sure in wheat, oats, rye and barley, but similar protein structures also exist in corn, soy and yeast, and to top it all off, our own bodies may produce gluten-like proteins.

You see, most proteins, fats and carbohydrates

are members of food *families*, so finding and eliminating all the possible offenders becomes a mad chase. It gets worse: sometimes the reaction to a food is delayed by hours or days. That makes it really hard to tell which food made you sick.

And sometimes the effect is cumulative, so you can eat an offending food for several days with no problem, then suddenly get sick when you hit the tipping point.

It's very hard to identify food intolerances. Many people who have them don't even know it. They can be sick for years on end, trekking from doctor to doctor, with no one able to figure out what's wrong. That's why many people who suffer food intolerances will find it easier AND more effective to supplement with enzymes.

Celiac disease: a special case where enzymes can help

Celiac disease is a very acute, serious type of gluten intolerance. It might be hereditary (somewhat like lactose intolerance), but it affects a fairly small number of people, probably fewer than 150,000 in the United States. When celiacs eat any food containing gluten, they damage the cells that line their small intestine. The reaction can lead to anorexia, vomiting, anemia and diarrhea.

People who suffer from this extreme form of gluten intolerance can get relief from enzymes, but because we need to learn more, they'd be wise to avoid all foods containing gluten. Some celiacs still suffer symptoms even after they eliminate all offending foods. For them, enzyme supplements can bring blessed relief.

The ignored, neglected secret of good health

Conventional doctors and even some alternative doctors not only don't know about enzymes, they also poooh-poooh much of the theory of intestinal health sketched above.

Not so alternative *cancer* doctors and their patients. They have to find solutions, and they have to find them while the clock is running

against them. It's no surprise that cancer doctors have done much of the pioneering work in enzymes and intestinal health.

Over many decades, one cancer therapist after another has reported amazing results from enzyme therapy, enzyme-rich diets of uncooked, unprocessed food, and aggressive use of detoxifying. The detoxing procedures often include enemas and other treatments designed to clean out the mess in the typical American's colon. Cancer patients face the ultimate crisis, so they're motivated to do what has to be done.

Skeptics can snicker at enemas and "colonics" — but patients are getting well.

One writer on alternative cancer treatments rates enzyme therapy as one of the six pillars of alternative treatment and detoxifying as another. A big part of detoxing nearly always focuses on restoring intestinal health — removing harmful microbes and environmental toxins, and healing the intestinal lesions and sores so many of us suffer from.

Conventional cancer doctors turn up their noses at all the "nonsense" about waste elimination and proper digestion. But the testimony of thousands of cancer patients suggests the skeptics are wrong. The rest of us would do well to heal our digestive systems NOW, rather than wait until we've got cancer and time runs out on us, too.

Chapter Eight

“Leaky Gut Syndrome” and the Immune System Connection

A hidden cause of health problems?

When it comes to serious diseases like cancer and heart disease, the connection to enzyme deficiencies is no joke. It also turns out the story isn't so simple. Our digestive system is profoundly connected to our immune system.

Poor digestion can set off complicated malfunctions in our immune systems that play a role in arthritis, MS, allergies, cancer, heart disease and more.

This chapter will show how digestive problems MAY set off immune system failures through a syndrome called “leaky gut.” This theory is not fully proven, but there's enough evidence to make it worth reading about if you suffer from gastrointestinal problems, allergies and other sicknesses.

Finally, whatever the merit of the leaky gut theory, there IS clinical evidence that enzyme therapy works hand in hand with the immune system to help treat many diseases.

Enzyme therapy not only brings proven relief to patients with autoimmune diseases like rheumatoid arthritis and MS, it also combats cancer, heart disease and other degenerative illnesses linked to immune-system failures.

And it all comes back to digestion

A healthy intestinal wall lets digested food pass through into the bloodstream, where the nutrients are turned into energy or body tissues and fluids. In fact, what passes into your bloodstream isn't food anymore — or shouldn't be. It's now the fundamental molecules of life.

In “leaky gut syndrome,” researchers believe this process goes terribly wrong. The intestinal wall lets partially digested food particles pass into your bloodstream. You can think of “leaky gut” as enlarged pores or holes in the intestinal wall that allow “big pieces” of food to pass through when only small pieces should.

Proteins, for example, can be broken down into smaller pieces called peptides. Peptides can then be broken down into amino acids — the smallest components of all. Ideally, we want only amino acids and harmless peptides, the basic building blocks of protein, to pass through our intestinal wall into the blood.

How harmless foods become the enemy

If large pieces of partly digested food (wheat, for example) pass into the bloodstream, your body views them as foreign invaders. Your body can't use these large food fragments to build your own bone and tissue.

As far as the immune system can see, the half-digested wheat particle is simply foreign matter — “antigen” is the technical term. It must be eliminated. The immune system reacts by forming antibodies to fight the antigens.

What's more, the immune system has its own “memory.” Once it forms antibodies to fight something — even a harmless food like wheat — it will forever react to undigested wheat fragments in the blood as foreign invaders.

Result: every time you eat wheat your immune system will respond and you'll get sick. What's

more, the damaged intestinal lining passes not only semi-digested food particles into the blood but also toxins, wastes, bacteria, viruses and more.

Karen DeFelice puts it bluntly: “When the gut becomes hyper-permeable, all sorts of gunk can get through and run loose in the body.”

A healthy intestinal lining normally screens out this matter. Instead, the job falls to the liver — the body’s filtering system — to try to handle it all. The toxic overload stresses the liver and health problems multiply.

The reason for most food allergies?

The leaky gut theory provides a powerful explanation not only for food allergies but for much of the chronic inflammation that afflicts us in the form of heart disease, arthritis and more.

If it’s true, leaky gut theory accounts for a large share of the epidemic of autoimmune diseases in our society. It may be related to every kind of digestive complaint, plus hyperactivity, chronic pain and fatigue, asthma, migraines, skin rashes and more.

Karen DeFelice believes the real problem with casein and gluten intolerances is not the foods themselves, but insufficient digestion. As we saw in the previous chapter, reactions to these two foods figure in some very serious health problems.

How enzymes can help

It’s easy to see why enzymes play a key role in treating leaky gut. They break down food so that your body recognizes it as good nutrition instead of a foreign invader. Enzymes turn food into the basic building blocks, the nutrients your body needs.

This means enzymes help in two ways: they break up food particles that set off an immune reaction AND in doing so they release the vitamins, minerals and other nutrients in those food particles that your body is being denied.

Many people who begin taking enzymes report a startling improvement in energy and well-being.

Some even cut down on supplements because the nutrition they needed was in their food all along. In terms of your immune system...

Enzymes literally turn your enemy into a friend

Enzymes also break down and remove wastes, pathogens and toxic byproducts both in your intestine itself and in your bloodstream. It’s well established that enzymes reduce inflammation.

Please note something important here: enzymes not only digest food in the G.I. tract, they also circulate in the blood and digest foreign matter there — including undigested food particles.

Long story short, enzymes help give a damaged digestive system the chance to heal.

Enzymes aren’t the only weapon in this battle. Yeast and bacteria are prime suspects in G.I. tract diseases, so an experienced nutritional therapist will help you balance and control both.

Yeast and bacteria live naturally in healthy intestines, but if you have the wrong kind of microbes or if they’re allowed to run wild they might create openings and inflammation in your intestinal wall. That lets undigested food and toxins pass through.

What causes “leaky gut”?

In fact, yeast overgrowth and toxic bacteria might cause leaky gut syndrome in the first place. Our high-sugar, high-carb diet, combined with our lack of enzymes, creates an environment in our guts where yeast and bacteria thrive.

Chronic stress and inflammation may also cause leaky gut. Anti-inflammatory pain killers are very high on the list of suspects — they’re known to damage the G.I. tract.

What’s more, yeast overgrowth, inflammation, leaky gut and food intolerances can lead to one another and build on one another. The more poorly you digest your food, the more there is for the yeast to eat. And the more yeast you grow, the more poorly you digest your food.

Meanwhile you might be popping NSAIDs because your whole body is inflamed, and the painkillers damage the gut lining even more. While you're at it, you may be popping antacids to neutralize stomach acid, so your ability to digest food gets even worse.

Here's what we know for sure...

The leaky gut theory may or may not explain how enzyme deficiency, the immune system, food intolerances and poor digestion all work together to create the epidemic of inflammatory and autoimmune diseases in our society.

In other words, we don't know for sure whether tiny holes in our gut pass half-digested food fragments that set off our immune system and cause

allergies, arthritis, inflamed arteries and more.

We do know for sure that these chronic diseases are related SOMEHOW to our immune systems and our G.I. tract. We also have plenty of evidence that enzymes can treat these diseases and help make us well.

Take a disease — rheumatoid arthritis, for example. We know it's related to the immune system. And we know that nutritional medicine including enzymes can help. The evidence is clear enough to move forward on all fronts, not only with more research but with treating suffering patients NOW.

If you're still a skeptic, I think the next chapter will be your "road to Damascus" moment...

Chapter Nine

Enzymes Bring Incredible Progress Against Autism

Nine out of ten get better

These pages have frequently mentioned Karen DeFelice because she's pulled together and interpreted so much of the scattered research on enzymes, BESIDES conducting important research of her own.

She had a powerful motivation: one son with serious autism-related disorder and another with behavioral problems that were clearly linked to digestion and food intolerances.

DeFelice, a trained scientist, collected data from the parents of 260 children who had varying degrees of autism and related behavioral and learning disorders.

The results that enzymes achieved with this large group of autism patients are nothing short of amazing. I don't see how any open-minded person could read Karen DeFelice's book and still reject the connection between enzymes, digestive disorders and autoimmune disease.

A medical breakthrough from people who need one the most

As so often happens in our society, this important research took place outside our bigoted medical establishment. If you know alternative health, you've heard this sort of story before: conventional doctors tell a person with a chronic, disabling condition there's no cure for her problem. "Live with it," she's told. "There's nothing we can do."

Instead of living with it, she sets out to learn everything she can. She looks into old, forgotten books and articles. She follows up paths and byways that conventional doctors call a waste of

time. She's not afraid to talk to "cranks" and "quacks."

She thinks outside the box because she has no other choice.

Alternative cancer doctors have explored enzyme therapy in much the same way as DeFelice and have also achieved incredible results. But when it comes to shaking up the conventional medical paradigm, nothing else equals her autism study.

What cancer patients, parents of autistic children — and maybe you — have in common is that they don't have the option of just walking away from their problem. A doctor can show the problem (meaning you) the door...but *you* must find a way out or else face a lifetime of misery and maybe death.

That's a powerful motivator, and it's why so many of the fascinating discoveries about enzymes have come from research into the most serious chronic diseases — from the folks with nothing to lose.

What is autism?

To understand the amazing results enzymes achieved with autistic children, you need to know a little about autism.

If you don't know anyone with autism, maybe you picture such people as being unable to speak with or relate to other human beings, perhaps rocking back and forth all day long while uttering strange sounds, banging their heads against a wall for hours at a time, having a fit when anyone touches them, and every once in a while throw-

ing a tantrum about nothing — or what we'd see as nothing.

Tragically, that description isn't too far from the truth. The only difference is that it describes a severe autistic, and there are many autistic children who are less disabled.

Karen DeFelice's study involved what are called "high functioning autistics" and children with Asperger's Syndrome, a mild form of autism whose victims may be able to function in society with a little help. The study also involved children with PDD or pervasive development disorder.

That said, moderate autistics exhibit many of the symptoms just described albeit in milder form. But they can interact socially to some degree.

Karen's oldest kid had puzzling symptoms

Specialists were reluctant to classify Karen DeFelice's first child Matthew as an autistic even though he exhibited many of the symptoms and behaviors. That's not unusual. There's no blood test or even genetic test to "prove" autism and often — to us outsiders — it seems like there's a lot of quibbling about the definitions. Matthew was certainly functional in many ways and not a severe autistic, if he was autistic at all.

But he did scream and cry for long periods of time, bang his head, rock back and forth or insist on being rocked (the alternative was a screaming fit). Or he'd refuse to be held and touched at all.

Like many autistics, Matthew was obsessed with gadgets. He wasn't responsive to people or animals — he didn't connect with people. That's a classic and dangerous sign of autism. It can lead to lifelong isolation from the rest of the human race.

Other classic symptoms include refusal to make eye contact. When having a conversation, many autistic children look to one side instead of at the other person. In general, they have trouble processing sensory information. Put an autistic child in the middle of a crowded airport terminal and he or she might either shut down and refuse

to deal with it or have a tantrum. They're overwhelmed by all the sensory input.

For this reason they have trouble "transitioning," or handling anything besides their own homes and the people they know well. When they leave the house they become over-stimulated and might need to rest frequently.

All in the family

When DeFelice's second child, Jordan, was born nearly two years later, he too had "sensory integration problems," although his were less severe than Matthew's. Jordan also rocked back and forth, but not as compulsively. He was too insensitive to pain and would hurl himself off the top of furniture. He had many digestive problems.

For as long as she could remember, DeFelice herself had had lifelong neurological problems including constant migraine headaches. Incredible as it may sound, she suffered from the headaches almost 24 hours a day, seven days a week.

She was "hypersensitive to everything," could wear only certain clothing textures, could tolerate only certain types of light...the list was long. A light breeze could feel like bugs crawling all over her skin. She calls herself "a sensory integration disaster."

She was desperate for answers.

She asked Matthew's doctors whether allergies could figure in his disability. They dismissed the idea. She also didn't know that food intolerance (for instance to lactose or gluten) differs from true food allergies. She just had a vague hunch that food and digestion were the problems.

Do-it-yourself healthcare

Like many parents and patients with a medical mystery on their hands, DeFelice started to look for her own answers. After all, the medical community didn't have any.

She learned from her research that autism is no longer considered an area of mental health. It's now seen more and more as a matter of physiology and biology.

And, yes, digestion and the immune system are involved.

“It is very evident from much of the research that many people with neurologically related conditions may have a multitude of gastrointestinal problems,” she now writes. Her book cites studies of autistic children that show they have a higher incidence of gastrointestinal problems than do healthy children. It can be very hard to get an autistic child to eat. They tend to be skinny to the point of wasting away.

Not only are there crucial links between the G.I. tract and the immune system, there’s also a deep connection between the G.I. tract and mental states and mood. You’ll probably be surprised to learn you have more serotonin, a neurotransmitter, in your gut than in your brain.

Playing her hunch, DeFelice decided to eliminate milk from her family’s diet.

The results were startling. Matthew immediately improved — and not only that, but DeFelice and her other son, Jordan, got relief from their migraines.

After a few months on the no-milk diet, she found that for Matthew, “The tiniest amount of casein would create major emotional meltdowns, migraines, inability to transition and whining.” Casein is a milk protein found in many processed grocery items that you wouldn’t expect to contain milk.

Off the “elimination diet treadmill,” thanks to the “Eureka!” moment

Like many people (including me) who have discovered they have food intolerances, DeFelice went all-out trying to identify offending foods (see Chapter Four).

Like most of us, she quickly found out that elimination diets are a pain in the neck. Try doing without all milk and grain products — and maybe a great many other foods as well. Such diets are almost impossible to stick to, and at the end of the day they aren’t that effective. Most of

us improve, but we’re still sick.

Then she heard about enzymes and how they could break down the foods people were trying to eliminate from their diets. Specifically, she heard about Peptizyde, an enzyme formula designed to achieve the same purpose as a casein-free, gluten-free diet.

The day she got her first bottle, she decided to try a test. She gave each of her boys one capsule and an ice cream sandwich. She joined the trial, too.

A wonderful thing happened: NOTHING. They had no reaction hours or days later. “No migraines. No whining. No nothing.”

From that day forward they found they could eat dairy and grain-based foods containing gluten as much as they wished. They could stuff themselves with ice cream or bread — with no reaction.

Overjoyed parents discover “The Happy Child Effect”

Other parents in the Internet group discovered the same wonderful freedom from illness. One mother described “an amazing child who still has issues but actually says hello to people, enjoys playing with other children, loves to do crafts in school...”

Listen to other parents...

“The teacher said my son sat attentively all day. The red rash and dark eye circles are gone.”

“My daughter is using the potty!”

“We enjoyed a regular family meal at a restaurant!”

The results were so astounding the parents started to call it, “The Happy Child Effect.”

Conclusive evidence for the power of enzymes

DeFelice ended up collecting data from the parents of 260 children in a study as scientifically rigorous as she could make it.

She tracked them for seven months as they gave their kids Peptizyde and another enzyme formula called Zyme Prime from Houston Nutraceuticals (www.houstonni.com).

In the first group she tracked, involving 151 children, 35% of the parents “described the level of improvement as very great or impressive...” An additional 35% rated it very good or good.

At the end of four months, a combined total of 87% reported positive results with enzyme therapy.

The researchers responsible for the enzyme supplements learned from the parents who

reported negative or no-change results and tweaked their formula. With the improved formula, the 101 parents in the next go-round reported a 92% improvement rate.

What’s more, it wasn’t just the opinion of the parents. The children got better in measurable physical ways — weight gain, improved complexion, bowel regularity, and more.

What more can you say to skeptical mainstream doctors who don’t think our G.I. tract is at the heart of many of the diseases in our society? Do they also think the earth is flat?

Chapter Ten

A Look under the Hood

How enzymes help the immune system conquer inflammation and treat a dozen diseases

If enzyme research establishes one thing for sure, it's that enzyme therapy can reduce inflammation.

We also know for certain that inflammation is an immune system response.

Plus, we know that inflammation figures in a long list of chronic diseases: both types of arthritis, colitis, hepatitis, multiple sclerosis (MS), pancreatitis and more. Now it's even linked to heart disease.

Inflammation — which causes pain — is one of the most common complaints associated with ANY disease. It's part of a healthy immune response, but also a sign that something's wrong.

When inflammation is linked to a *chronic* disease — when inflammation rages unchecked in the joints or arteries, for example — it can permanently destroy tissue and cause terrible pain. It can even lead to death.

Enzyme therapy can bring significant relief. In some tests enzymes outperformed prescription anti-inflammatories (NSAIDs), and they did so without the dangerous side effects of medications.

We can learn a lot by taking a close look at what causes inflammation at the cellular level and how enzymes reduce it. In doing so, we'll see how enzymes can bring symptomatic relief — and can actually cure the root causes of some diseases. Depending on the individual case, they achieve this by themselves or as an adjunct to other therapies.

The rest of this chapter goes into some depth about how the immune system operates, and

some of it is speculative, that is, educated guesswork.

Good versus bad inflammation

“Good” inflammation is a key part of healing. The redness and swelling around a wound are an immune system response — inflammation. The fever we get from a viral infection is an immune system response — inflammation. It's how our bodies kill the invaders.

The problem is that inflammation is supposed to solve the problem and then go away. When associated with diseases like allergies and rheumatoid arthritis, inflammation is chronic *i.e.* long-term, and usually harmful. Our immune system attacks and destroys our own tissues.

The defining fact about the immune system is that it usually can tell the difference between *self* and *non-self*. The immune system attacks foreign matter — the non-self. It literally eats it and even carries away the waste.

Meanwhile, our immune system does NOT attack our own cells because almost every cell in our own bodies carries a marker that identifies it as *self*. When our immune system starts attacking the *self*, it's bad news.

When a particle of *non-self* invades the body, it's called an *antigen*. An antigen can be a virus, a fungus, a bacterium, a parasite, a tissue transplant from another person — your immune system tags anything that's not you as an antigen.

The immune system forms *antibodies* to destroy the antigens. If the antigen is in fact something harmless such as pollen, dust, wheat,

or milk, we're said to be allergic. Antigens of this type are also called allergens. There's no reason for your immune system to attack allergens but it does anyway.

Medicine's new frontier

Likewise, the body can misidentify our own tissues as antigens and form auto-antibodies. The result is autoimmune disease, a category that includes many familiar maladies such as rheumatoid arthritis and lupus.

But — and this is where we don't know enough — the autoimmune response also seems to figure in some unexpected disorders such as heart disease, autism, and even cancer.

Autoimmune diseases are at the frontier of medicine. It's hard to tell whether a given disease is autoimmune or not. What's more, as in heart disease, it's hard to tell whether the autoimmune response is the main cause of the disease or just a side effect that makes the disease worse.

The most interesting work in autoimmune disease is taking place in alternative medicine because autoimmune diseases tend to be chronic and incurable as far as establishment medicine is concerned. So the victims embark on a desperate search for the answers conventional doctors don't have.

Why does the body attack itself?

When an immune system cell — an antibody — binds with an invader — an antigen, they form what's called an immune complex, or IC. If the immune complex circulates in the blood it's called a circulating immune complex, or CIC. In a healthy individual, ICs are carried away and disposed of as waste.

Think of the antibody as the bouncer in a bar and the antigen as a rough customer who needs to be thrown out. When the bouncer puts a strong arm on the bad boy, the two form an immune complex or IC. What's supposed to happen is that the bouncer quietly escorts the troublemaker out the door, returns to the bar, and peace is restored.

But what if the bouncer and the customer get into a fight and roll around on the floor instead of leaving? What if the IC doesn't go away? Worse yet, what if the troublemaker has a couple of friends who join the fight? Pretty soon other people jump in and before you know it the whole place is in an uproar.

Is there a “barroom brawl” in your joints and muscles?

Students of autoimmune disease think an IC overload might be THE cause of autoimmune disease. For some reason the body becomes overwhelmed with ICs — antigens and antibodies locked in mortal combat — and the “waste management” system fails. Instead of being excreted, the ICs accumulate in the tissues of the kidneys, lung, joints, blood vessels or any number of other places.

Here's the key: ICs are foreign matter as far as the immune system is concerned. The body starts attacking them. As in the barroom, more bouncers join the fight. And if millions of ICs are lodged in your own tissues, your immune system starts attacking those tissues. You can get nephritis — inflamed kidneys — if an excess of ICs gets lodged in the kidneys. You can suffer arthritis if the IC mob settles down in your joints.

Your body is super-serious about killing ICs and getting rid of them. A mass of ICs can trigger one of the most deadly immune system attacks known to science: the *complement system*, a series of nine powerful protein-eating enzymes. Dr. Anthony J. Cichoke, an enzyme expert I've noted above, calls it “the death squad.”

The last enzyme in this complement system is the one that actually breaks up ICs and destroys them. According to Cichoke, “The body does all it can to avoid activating that dangerous last killer at the wrong time and in the wrong place, because it could conceivably destroy the entire body.”

Remember, enzymes digest food. Just as some enzymes can devour a steak, the ninth enzyme in the death squad can digest *you*.

This may be the inflammation explanation

Does all this describe what happens to victims of MS, autism, chronic pain, and even heart disease?

We know for sure that high levels of ICs are found in patients who have rheumatoid arthritis, lupus, hepatitis, multiple sclerosis, ulcerative colitis (inflamed colon), certain cancers, and more. We also know that successful treatment of these diseases goes hand in glove with a reduction in IC levels.

DeFelice cites 14 studies that show inflammatory and autoimmune diseases improved when IC levels were reduced. (KD, page 195)

In a study of 83 “fully evaluated” MS patients, 85% got better with enzyme therapy (specifically, protein-eating enzymes, as Chapter Eleven will explain). Well over half of these 83 patients showed “substantial improvement.” (KD, page 196)

Researchers believe the KNOWN effectiveness of enzyme therapy in treating inflammation and autoimmune diseases may be due to the ability of enzymes to devour ICs and interrupt the immune system’s “death squad” — the inflammatory cascade of nine attackers.

What causes an IC overload in the first place, followed by the destructive autoimmune response? We don’t know for sure. Environmental pollution, drugs, certain infections, leaky gut syndrome and undigested food particles in the blood stream — all could play a role. Our genes may be another reason. It’s known that women are far more likely than men to suffer from chronic autoimmune diseases.

The rabbits didn’t die

An animal study at the Institute for Immunology, University of Vienna, was very revealing. A severe inflammatory infection in rabbits was associated with a very high level of ICs, and injections of concentrated enzymes destroyed all the ICs within hours. (AC, page 160)

In Chapter Six on arthritis and enzyme thera-

py, we cited a study of rheumatoid arthritis patients in which 62% improved. The researchers tracked IC levels in those patients and found the levels dropped.

One way or another, enzymes relieve the symptoms and sometimes help effect a complete cure of inflammatory diseases. We’re not sure how, but it might be because they make a meal of ICs. They break up the vicious cycle of inflammation — the death squad or complement cascade — and stop the ongoing destruction of tissue.

Enzymes may not be a cure for autoimmune diseases all by themselves, but they can bring tremendous relief and can help you live with the condition. **Managing and controlling inflammation goes a long way toward limiting the harm that autoimmune conditions can cause.**

Leaky gut and immune complexes

Rita Elkins, author of *Digestive Enzymes*, takes the IC mechanism and links it to the leaky gut theory of food allergies. A permeable gut, maybe caused by a yeast infection, lets all kinds of undigested food particles into the bloodstream. The immune system tags those particles as antigens. It sends immune cells to bind with them and form immune complexes.

But after all, we eat every day and the vast amount of foreign matter in the blood results in a deluge of ICs that the body can’t deal with. In her view, the ICs “tax the kidneys, accumulate in the tissues and joints, and weaken immune function.”

In other words, poor digestion might be a critical cause of autoimmune disease. Rita Elkins says, “For this reason, it is vital that we do not look at symptoms of indigestion as inconsequential.”

Playing defense in the food zone

Karen DeFelice writes, “Current research estimates around 70 to 80 percent of our immune system is located in or around the digestive system. That’s a lot of defense being played in the food zone.”

Our intestines are actually lined with immune system cells called “gut associated lymphatic tissue,” or GALT for short. This immune system tissue screens the food making its way through our gut, as well as any microbes and chemicals that should be kept out. GALT determines what should be allowed to pass through the intestinal wall into our bloodstream and what should be stopped at the door.

GALT shows the close, intimate tie between the immune system and the digestive system. DeFelice and many other researchers believe that a failure of this screening tissue is the trigger for food intolerances. Food intolerances in turn trigger autistic reactions and perhaps other immune system diseases.

Give your immune system a break

Enzymes help the immune system by breaking down food particles and removing waste, thereby getting rid of the invaders that set off an inflammatory reaction.

Immune system cells also come to the rescue and digest food when we don't have the digestive enzymes we need to do the job. Poor digestion forces our immune system to work harder in many different ways.

Enzyme supplements relieve this strain on the immune system and free up your body's limited supply of immune cells and enzymes for more important work than digesting the hamburger you just ate.

If you don't take enzymes, you bankrupt your enzyme budget, stretch your immune system to the limit, and put yourself at greater risk of disease.

DeFelice cites many studies that show enzyme therapy also increases white blood cell size and activity. Enzyme therapy also raises our T-cell count (another immune system cell), and helps regulate the immune system in general.

You give your immune system a major break when you supplement with enzymes or eat raw, unprocessed foods that are enzyme-rich.

The evidence for enzymes is vast and growing

If you read the previous chapter you're already sold on the connections among autism, food intolerances and digestive complaints. You also know enzyme therapy can be amazingly effective.

Researchers also see deficient enzyme levels in patients who have cancer, diabetes, heart disease, arthritis and other diseases associated with aging and physical degeneration.

It's a statistical fact that your risk of all these diseases goes up as you age. They're nutritional deficiency diseases, at least in part, just as surely as scurvy is a deficiency disease caused by lack of vitamin C.

If you've read this far, you've encountered a wealth of clinical evidence that proves enzymes can slow or even reverse these diseases of age and degeneration.

Enzymes belong in your supplement cabinet, along with antioxidants, vitamins, minerals and the growing number of plant compounds and chemicals that science has proven to promote good health.

Welcome to the revolution!

We're now in the early stages of what may be an exciting breakthrough in treating inflammatory and autoimmune diseases. We don't know everything we'd like to know about how enzymes control these diseases. But we know enough about the safety and efficacy of enzymes to start helping patients today, without delay.

We DO know that enzyme therapy effectively reduces the pain and immobility of both types of arthritis, speeds up healing of athletic injuries, hastens recovery after surgery, reduces the severity of MS symptoms, benefits heart and artery disease patients, and helps control cancer.

And enzymes are safe, natural foods. But you need to know what experts say about which enzymes to take, how and when to take them, what you can expect in terms of healing and side effects, and a few safety considerations.

You'll find it all in the next chapter.

Chapter Eleven

Choose the Right Enzymes For Your Needs

By now you know enzymes can improve your health in an amazing number of ways. The next step is to decide which ones are right for you.

There are three types of enzymes. The first type is found in almost any food you eat provided it hasn't been cooked or over-processed. Any given raw food might contain 40% to 60% of the enzymes you actually need to digest it.

Digestive enzymes are the second type. Every animal needs to digest food, and we're no exception. Our bodies produce digestive enzymes to do the job. Scientists have identified at least 22 in humans.

As soon as you take a bite, digestion begins with enzymes in your saliva. Then, your stomach continues digestion with an enzyme called pepsin. But...

The pancreas is the main enzyme organ

Your pancreas is the organ that produces most of your digestive enzymes. The pancreatic enzymes are secreted into your small intestine and go to work only after your food has left the stomach and entered the first part of the small intestine, called the duodenum.

Your pancreas is Grand Central Station for enzymes. It's a vital organ whose loss or failure will kill you. Students of enzyme therapy believe our enzyme-poor diets place a huge stress on the pancreas, thereby setting the stage for premature aging and disease.

In other words, we lack the Type One enzymes we should get from raw food so our pancreases have to do nearly all the work with Type Two enzymes, the ones we make ourselves. We wear

out our pancreases, and strain our immune systems in the bargain.

Enzymes, enzymes everywhere

The third type of enzyme is metabolic enzymes. There are thousands of different kinds of metabolic enzymes in our bodies. In fact, almost nothing can happen in the human body without the help of one enzyme or another.

But metabolic enzymes are of limited interest as far as this report is concerned. To my knowledge, no manufacturer makes metabolic enzymes or urges consumers to supplement with them. Your body must make them for itself, and it will, if you're healthy.

So this report focuses on the things you can do in the way of food and supplements. These dietary enzymes promote the health of your own pancreas and digestive system — plus your immune system. Get those right, and all the thousands of metabolic enzymes will take care of themselves.

Two ways you can get enzymes into your body

The foregoing means you've got two choices for increasing your enzyme intake: food and supplements. Raw, wholesome foods are by far the best choice, and the following chapter gives you some tips.

But in the real world, most of us are going to take enzyme supplements rather than eat all the raw foods we should. So what's the best way to get started?

If you read the labels on enzyme supplements, you'll discover a long list of ingredients. Here's what the jargon means...

The three types of digestive enzymes

There are three main types of digestive enzymes: protein-eating enzymes (proteases or proteolytic enzymes); carbohydrate-eating enzymes (amylases); and fat-eating enzymes (lipases).

A balanced enzyme formula will typically contain all three. But you can buy them separately; and, as you'll see in a moment, sometimes there's good reason to do that.

Within each of the big three categories you'll find MANY different kinds of enzymes. For example, bromelain (from pineapple) and papain (from papaya) are both protein-eating enzymes or proteases.

They're very common and are in a great many enzyme supplements. They're safe and have been used by hundreds of thousands of people for years.

Bromelain and papain are an excellent way to start on enzymes. As proteases, they belong to the most important and beneficial enzyme category for all-around good health. They're even common in meat tenderizers, because they break down protein.

Fungus-derived enzymes may be the best of all

You might also see labels that just list protease, amylase and lipase. That's easy enough to understand. It means you're getting enzymes to digest proteins, carbs and fats — a good mix that covers most of the food you eat.

When the ingredients are actually labeled "protease, amylase and lipase" it usually means the enzymes are made from a certain type of fungus called *Aspergillus*.

Should you be concerned about the safety of fungus-derived enzymes if you're allergic to mold? Probably not. The enzymes are thoroughly purified and contain no whole, identifiable fungus particles that might set off an immune

system reaction.

If you're extremely allergic to mold, you might want to be cautious anyway. It's your call.

But assuming you're not allergic to fungi, this type of enzyme may be the best choice. An enzyme supplement combining bromelain, papain and *Aspergillus*-derived amylase, lipase and protease can be a better choice than enzymes from animals like oxen and pigs. Here's why...

The pros and cons of animal-derived enzymes

There are three possible places an enzyme manufacturer can get enzymes: plants (like bromelain), microbes (like the fungus-derived enzymes) and animals (usually cattle or pigs).

You'll see many labels listing trypsin, chymotrypsin and pancreatin. These are all animal-derived enzymes.

Animal enzymes — such as those from a hog pancreas — most resemble human digestive enzymes. You might think they're the best choice for supplements, and sometimes they are — but not always.

This is because animal digestive enzymes may or may not survive the acid in your stomach. As noted above, our own pancreas secretes most of our enzymes in the small intestine, after the food has left the stomach. The stomach has an acid environment, but the small intestine has an alkaline environment. The pancreatic enzymes — whether yours or a pig's — were never meant to be in the stomach.

The information I've been able to uncover is somewhat conflicting. If you take an enzyme extracted from hog pancreas, for example, some sources say most or all of it will survive the stomach and make it into the small intestine where it goes to work.

Other sources say animal enzymes are merely *inactivated*, not destroyed (denatured), while in the stomach. When they get out of the stomach they become active.

Acid-proof coating may solve the problem

Some very popular animal enzyme supplements are enterically coated, meaning they don't dissolve in the stomach. They're supposed to dissolve only in the small intestine. Wobenzym, which I've mentioned often in this report, is enterically coated.

Wobenzym has been the product of choice in some of the most important research in treating cancer, pain, injury and inflammation. The results have been impressive. As I've emphasized, it's one of the most popular pain remedies in Germany.

So one way or another, the product seems effective — animal enzymes or not.

Plant- and microbe-derived enzymes may be all you need

Meanwhile, manufacturers and researchers say plant- and fungus-derived enzymes benefit your health as much as animal enzymes do, yet stomach acid does not destroy or inactivate them. These researchers maintain that you don't need the animal enzymes; and again, there's evidence to back their claims.

These are early days in the study of enzymes. In five or ten years, we'll know far more than we do today. Meanwhile, the best conclusion is that you can do the job with plant and fungus-based enzymes, but animal enzymes are fine provided they're enterically coated and come from a reputable company.

Supplements don't have to match your body's enzymes

Note something important here: You don't have to exactly match the enzymes your body makes. Few manufacturers attempt to do that — with the exception of the animal-derived products. Even those don't try to match all 22 of your own body's digestive enzymes. They don't even come close.

And they don't have to. A plant-based protein-eater like bromelain, for example, will start to take

apart the protein you eat. It will break protein down into peptides and maybe even into amino acids, the smallest building blocks of protein.

But bromelain doesn't have to finish the job. If bromelain does even half the job of digesting proteins, it's brought huge relief to your over-worked digestive system.

What's more, because the plant- and fungus-derived enzymes are active in the stomach's acid environment, they go to work on digestion right away. They do digestive work that normally wouldn't start until the small intestine. That gives your digestive process a head start.

Consider stomach acid supplements, too

When you select enzymes, also consider hydrochloric acid (HCl), the stomach acid supplement. As previous chapters noted, many of us are HCl-deficient. The older you get, the less HCl your body makes. An HCl supplement can give your digestive health a huge boost.

If your digestion is unhealthy, use HCl with caution, under a doctor's guidance. Start with low doses, and back off if the upset gets worse.

And of course, it should go without saying that you need plenty of vitamins, minerals and coenzymes in your diet. Enzymes aren't miracle pills that solve every problem by themselves.

Other label-reading tips

A good supplement formula may contain lactase, the protein that digests lactose or milk sugar. That's a plus, even if you don't have a milk allergy. Lactase will assist your digestion.

Cellulase digests cellulose or fiber, and alpha-galactosidase is the enzyme that digests bean sugars and thereby prevents flatulence. Both are worthwhile digestive aids, although less important than the other enzymes I've mentioned. Lactase and cellulase are usually fungus-derived.

A tip you definitely need to know is that size and weight mean nothing when purchasing an enzyme supplement. The number of grams or

milligrams in the pill or capsule is irrelevant. What matters is the activity of the enzymes as measured in “activity units.”

This is a complicated subject that most lay people probably don't want to know. But the brand you choose should at least list the activity units along with the contents. If not, you should question the product's value.

What to expect when you start taking enzymes

Enzymes are so important and so vital to health in so many ways, you can look for changes in yourself right away when you start to take them.

Many people report feeling better the very first day. It's certainly common to feel better by the end of the first week.

People with food intolerances often report instant, amazing relief. If you've read the previous chapters you know how terribly sick such people can be. For them, enzymes can be a Godsend.

Many (including DeFelice and yours truly) experienced an energy level higher than they'd ever had in their lives. This can be due to any number of factors. Such people might have food intolerances without knowing it. Food they weren't fully digesting is now digested, so the immune system no longer reacts. At the same time the *nutrients* from that food are surging into their bodies for the first time. Toxins are being flushed out of their systems.

But instant relief is a lot to ask. It's more realistic to expect gradual healing over a period of weeks, months and years. People with degenerative diseases such as heart and artery disease, arthritis, chronic pain, fatigue and cancer should show gradual improvement.

Some people experience distressing short-term symptoms

Most of us are so starved for these vital nutrients that getting healthy can be a shock! We're loaded with toxins in our blood and tissue.

Half-digested food waste sits in our colons for days. Many of us have yeast infections, unfriendly bacterial overgrowth and other parasites, too.

If you suffer from leaky gut, food allergies, poor digestion, fatigue, constipation, chronic pain or many other symptoms, you're probably in for a change.

You're getting better, so be patient

Loose stools are common when beginning enzymes. If this lasts too long or becomes distressing, just stop the enzymes for a while and then slowly begin again. It's good advice to taper onto enzymes — or any new supplement — gradually.

You may also experience some stomach or abdominal upset. Again, the experts say you should stop for awhile, then resume. If your gut is damaged or inflamed, remember that the enzymes are removing toxins, waste, your own dead tissue and anything else that shouldn't be there. That's what enzymes do. In the process, they can expose tissue that can be tender and sensitive for awhile.

Think of what happens when you have a skin wound or a rash that heals gradually. A similar process might be at work in your gut. Give it time, be patient. Take a break from the enzymes if the distress becomes too great.

Likewise (and this is a little surprising) you might experience constipation for a while. Increased thirst is also common the first few days.

A few warnings and cautions

It's just about impossible to overdose on enzymes. They aren't toxic, no matter how much you take. In animal experiments, rats have eaten staggering amounts — the equivalent of more than 30 pounds a day for a human — with no harm done.

Enzymes are very safe. It's hard to imagine how a healthy person could harm himself or herself with enzymes.

But anyone treating a medical problem such as

ulcers or pain — not to mention cancer or heart disease — should seek the advice of a qualified health professional. I'm a writer, not a doctor or a scientist. You're responsible for how you use this information. It's not intended as personal medical advice for someone I've never met (or even someone I *have* met, as far as that goes.)

Fortunately, a growing number of alternative doctors know about enzymes. Some use enzymes as part of their protocols to treat ulcers and other G.I. tract problems. But if you're seriously ill, the caution "don't try this at home" always applies.

How to mix enzymes with medications — or not

Protein-eating enzymes are powerful blood-thinners, so patients taking blood-thinning medications such as coumadin and heparin should embark on enzyme therapy only under a doctor's guidance.

At least one expert has also pointed out that some time-release medications are bound with cellulose, although the technology is out of date and most time-release pills now use another substance. This can be a problem because an enzyme mixture containing *cellulase* will digest the cellulose binding in the pill and release the medication at the wrong time — for instance, in the stomach instead of in the small intestine.

How about allergies? Allergies to enzymes are not common, but enzymes are proteins and any given person can be allergic to any given protein. Someone allergic to pineapple might react to bromelain, and someone allergic to papaya might react to papain.

One advantage of taking each type of enzyme separately is that highly sensitive people can then pinpoint what's causing them to react. However, most consumers will probably prefer the formulas that feature several enzymes in one capsule.

Will enzymes eat your probiotics?

Some experts also raise the question of whether protein-eating enzymes will devour the friendly bacteria in probiotics. We don't know.

But we do know that probiotics co-exist happily with enzymes in the intestines. If you want to be cautious, take your probiotic supplement separately from your enzymes.

For people with suspected food intolerances, Karen DeFelice is enthusiastic about an enzyme formula called Peptizyde. It not only contains protein-eating enzymes, but also specifically tackles gluten and casein, two very common food allergens that make a lot of people totally miserable. For people with suspected or known milk intolerance, she mentions Lacto by Enzymedica. This supplement digests lactose, casein and fats found in milk.

Finally, Karen DeFelice's research turned up another problem for some enzyme consumers: veggie caps do not dissolve as easily as do gelatin caps (gelcaps) in the acid environment of the stomach. Parents of the autistic children in her study found much greater improvement in their children's symptoms when the kids took veggie caps a half hour before a meal instead of with the meal.

With meals or on an empty stomach?

That brings up another important factor in successful enzyme therapy. You can take enzymes two ways: with a meal or on an empty stomach.

BOTH can be beneficial.

Most of us think of enzymes as digestive aids. Naturally we want to take them to help us digest our food better. Surely, taking enzymes with meals is the best way to reap the benefits they give for digestive problems like leaky gut, food allergies, yeast overgrowth, gas, constipation and all the rest.

But enzymes do us a world of good in other ways that have little connection to digesting food. Enzymes also circulate in our blood and battle a host of our worst enemies. In fact...

The enzymes in your bloodstream give you most of the heart, artery, cancer and pain benefits!

Protein-eating enzymes are the ones we're

focusing on here. More formally, they're called proteases or proteolytics. When they circulate in your blood, they operate as your body's clean-up crew.

These proteases travel through your blood-stream, cleaning out any dead or foreign tissue, half-digested food particles, toxins and waste that might be accumulating there.

You may recall from the heart chapter that *fibrin* is the clotting agent implicated in heart attacks, strokes and arterial plaque. Our blood vessels are actually lined with fibrin. Researchers believe out-of-control fibrin growth might be the key to circulatory disease.

There's more: Some think that cancer cells are shielded by a protective fibrin coat that enables them to repel the body's immune system cells. Strip away the fibrin armor, they say, and the immune system can kill the cancer cell.

Here's the big thing: PROTEASES DEVOUR FIBRIN

The protein-eaters also devour immune complexes, or ICs, believed to be the culprits in pain, inflammation, and the whole miserable crew of inflammatory diseases from heart disease to MS to arthritis to lupus.

Nearly all the research and incredible personal stories of successful cancer treatment are based on the protein-eating enzymes. Not all enzymes. Not enzymes in general. Just the protein-eating enzymes.

NEARLY ALL the research covered so far in this Special Report about successful treatment of cancer, heart disease, pain, arthritis and inflammation IS BASED ON PROTEIN-EATING ENZYMES.

In fact, the list of diseases that proteases treat is so long let's just call it "cancer, heart disease, pain, etc."

Protein-eating enzymes are the royal family among enzymes

Protein-eating enzymes battle cancer, heart

disease, pain, etc. most effectively when they circulate in your blood, not when they sit in your G.I. tract digesting your meals.

Alternative cancer doctors actually use intravenous (I.V.) injection of protein-eating enzymes directly into the patient's blood. They bypass the digestive system altogether and send the enzymes right to the cancer.

This is not to say that enzymes with a meal are useless in fighting cancer, heart disease, pain etc. The enzymes you eat can pass through the intestinal wall into your blood.

In fact, an enzyme has a long life and digests a lot of food — or foreign matter in your blood — for a long time, until it finally gives out. An enzyme can go wherever it's needed, whether in the G.I. tract or the rest of the body.

So some of the enzymes you take with a meal DO find their way into your blood stream where they battle cancer, heart disease, pain, etc. What's more, your pancreas produces enzymes of its own and those find their way into your bloodstream if they don't have to spend every minute of their time digesting your food.

So taking digestive enzymes with a meal should raise your blood-serum enzyme level. Then that will boost your immune system, relieve stress on your pancreas, and help you combat cancer, heart disease, pain etc. But...

Protein-eating enzymes deliver a bigger punch when you take them on an empty stomach

Nothing wrong with proteins as a digestive aid, but the protein-eating enzymes you take on an empty stomach are absorbed in your blood at a much higher rate and deliver a bigger punch against the degenerative diseases.

That's why Wobenzym is designed for an empty stomach. The label doesn't even suggest you take it with meals (although there's no reason you can't). The main purpose of the product is to raise your blood enzyme level to fight inflammation and boost your immune system.

Fortunately, protein-eating enzymes are among the cheapest, the safest, and the easiest to buy. Bromelain and papain are both protein-eating enzymes.

They're part of the Wobenzym formula and many, many other enzyme formulas as well. You can also buy generic bromelain-only or papain-only products from any number of supplement makers.

Speaking personally, I like the idea of spreading my bets over a combination of protein-eating, carb-eating and fat-eating enzymes taken with meals, PLUS proteolytics taken on an empty stomach, including animal-derived enzymes with an enteric coating to make sure they make it into the small intestine.

That way, I've got it covered. You can, too. Good luck and good health!

Chapter Twelve

The “Other Way” To Get Enzymes Is the Best

Raw, unprocessed fruits, grains and vegetables are by far the best way to up your enzyme intake. Yes, I know, most people have trouble sticking with diets and will head for the pills. The previous chapter dealt with that.

But at least consider a couple of changes in the way you eat.

For instance, fresh orange juice is just about the best treat on earth. Comparing fresh orange juice to canned or frozen is like comparing the finest filet mignon steak with a MacDonald's hamburger. And besides being a gourmet treat, fresh orange juice is loaded with enzymes. You can have fun and get healthier at the same time.

If you like salad, congratulations. You're getting enzymes. If you go beyond lettuce and make your salad with carrots, onions, cabbage, celery, sprouts and other goodies, better yet. Or just munch on a carrot. Or an apple.

Start your morning with a fruit treat

If you start your day with cereal, add fresh fruit. Bananas, strawberries, peaches, blueberries. You name it, it's got enzymes. Raw (not roasted) wheat germ is another good choice.

Other enzyme-rich treats include guava, figs, ginger root, asparagus, kiwi — in fact, almost any vegetable, fruit or grain that hasn't been cooked. Seeds and nuts are rich sources of enzymes and other nutrients, too, but unfortunately they also contain enzyme-inhibitors.

But here's good news: When the seeds are sprouted the enzyme inhibitors are killed and you can enjoy the rich enzyme benefits. That's one reason sprouts are recommended in anti-cancer diets. These days you can buy sprouted seeds

such as bean sprouts in most supermarkets.

It's only fair to admit that raw meat, fish and poultry also contain enzymes. The trouble is, they may contain parasites as well. I cannot recommend them as sources of enzymes.

Foods you don't think of as cooked actually are

While we're on the subject, you might not think of cereal itself as a cooked food, but it is. It's manufactured at a temperature high enough to destroy most or all enzymes. Even milling the grain can cause a loss of nutrients, never mind cooking it. Cereal, crackers and cookies may be organic and may feature nice pictures of birds and flowers on the package, but it's unlikely they contain enzymes.

Canning is a nutritional disaster. The process not only destroys all enzymes but vastly reduces food's vitamin and mineral content as well. The enzyme authority Dr. Anthony Cichoke calls canning “the enzyme death house.”

Here's a little fact to show the power of enzymes: pineapples are rich in bromelain, a popular protein-eating supplement. If you make Jell-O with fresh pineapple, the Jell-O won't turn into a solid, because the bromelain dissolves the gelatin, a protein. If you want your Jell-O to gel, you have to make it with canned pineapple, in which the enzymes have been destroyed.

Pasteurization destroys nutrients

Cichoke also deplores pasteurization in any form — even the method that heats the milk or juice for mere seconds. He says pasteurized milk and juice are enzyme-dead. That means nearly all the milk and juices you can buy are enzyme-dead, even if they're organic or pur-

chased in a health food store.

The only way to get enzyme-rich fruit and vegetable juices is to make them yourself. As for unpasteurized milk, it's against the law to sell it in at least 23 states. If you're lucky, it's legal in your state or a state near you. Just "google" the phrase "unpasteurized milk sellers" and you'll find a wealth of info on the subject. If it's not legal where you live, your only recourse is to buy a dairy cow or make a friend who owns one.

Here's another surprise, and a sad one: Cichoke believes even frozen food is probably depleted of enzymes. Before they're frozen, fruits and vegetables undergo a process called blanching. Its purpose is to kill enzymes that can alter the taste of the food. He says blanching also compromises vitamin content.

Freezing is probably the least damaging method of preserving food, but "nothing's as good as fresh." Personally, I've become a big fan of farmers' markets in my area, and I'd garden if I had a suitable lot for it (too much shade at my house).

In many areas there are also organic farms that will deliver fresh produce in season to your home. You have to "subscribe" for the whole season and take whatever they have that week. I prefer to pick and choose what I want at the farmer's market.

Cancer patients prove it works — so why wait to get sick?

Overall, aim to make raw foods at least one-fourth of your diet. If, God forbid, you get cancer and decide to pursue alternative treatments, it's very likely the alternative doctor will put you on a diet of fresh fruits, vegetables and grains.

Many alternative clinics go beyond that and feed you juiced fruits and vegetables. Fresh juice

delivers a concentrated dose of nutrients that includes vitamins, minerals and enzymes — and probably phytonutrients that science hasn't even discovered yet.

Who knows what other treasures are in fresh fruit, vegetables and grains? We're just beginning to find out.

Some clinics teach cancer patients how to juice and many continue to be "juicers" when they return home. Because they want to live.

Cancer patients have achieved astounding results with such a diet. In fact, the success achieved by cancer doctors provides some of the best proof of how important enzymes are.

So any fresh, raw food you add to your diet — even a little here and there — is a great boost to your health.

That about wraps it up...

Whether you choose raw foods or pills, there's no doubt in my mind that enzymes are the most important, overlooked nutrient on earth. In my opinion, the evidence for the value of enzymes is actually more impressive than that for vitamins and antioxidants. In other words, this almost unknown class of nutrients is probably more important than the most popular food supplements.

If you understand what enzymes are and how they work, it's easy to see we get almost NO ENZYMES in the typical American diet. Then take a look at the incredible improvement cancer patients, autistic children, chronic pain sufferers, heart patients and a huge variety of other people obtain when they add enzymes to their diets.

It doesn't take a genius to put two and two together. If a nutritious food is available everywhere, cheap, easy and totally safe, it's certainly worth a try.

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